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September/October 2010

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Favorite Halloween events

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How to make this
pumpkin vase—
page 28.

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And it's why we're inviting *Midwest Living* moms to be part of our newly launched Motherboard panel, where women like you can tell us what's on their minds.

Throughout the year we'll invite Motherboard members to share their opinions on a wide variety of issues about their homes, gardens, shopping and entertaining habits, travel plans and more. These findings will help shape the stories we write for our magazine and website.

As a member of the panel, you'll receive an exclusive free weekly newsletter full of tips, advice and interesting ideas from fellow moms, as well as previews for special offers and product samples. Plus, when you sign up, you'll be entered in our Motherboard Sweepstakes, with the chance to win \$20,000.

Visit midwestliving.com/motherboard today to sign up for our panel, your free newsletter and an opportunity to win. I look forward to hearing from you!



Karman

Karman Hotchkiss
COMMUNITY EDITOR



Welcome
Open



PHOTOS: (WOMAN HUGGING MAN) ED GOHLICH; (ALL OTHERS) JOHN NOLTNER



The image displays three pairs of jeans laid out vertically on a light-colored surface. The pair on the left is dark blue with a subtle orange logo on the back pocket. The middle pair is a lighter blue wash, showing some fading and a small orange logo on the back pocket. The pair on the right is black. A blue speech bubble containing the text 'How about \$12.' is positioned over the left pair of jeans.

How about \$12.

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Contents

VOLUME 24 ISSUE 5

FEATURES

Down by the River 14

A fall drive on the Illinois River Road National Scenic Byway reveals the sort of views Illinois rarely gets credit for, along with art, history, memorable meals and even local wines.

Fall Back in Time 25

Autumn reveals the most charming side of this historical Michigan cabin full of earthy, natural collections that reflect the woodsy landscape.

Autumn in the City 47

Three Midwest metros (St. Louis, Minneapolis and Cleveland) beckon with fall experiences that celebrate the best of the season—and of urban living.

Cranberry Road 55

Discover the cranberry's culture and cuisine with our recipes and a visit to Wisconsin's quiet cranberry marshes and the huge festivals that celebrate the tart berry each fall.

Girl Talk 63

Reminisce, relax, reconnect. Those are the only rules that apply when girlfriends hit the road. This collection of girls-only outings will inspire your next escape with a gal pal or two.

2010 Idea Home: Natural Style 71

Eco-friendly decorating that looks great, too? The Midwest Living 2010 Idea Home, located at Chicago's Museum of Science and Industry, showcases environmentally sound choices with plenty of style.

Columns

Midwest Editor 10
Discoveries 87
Celebrations 90
Reflections 124

Home & Garden

Easy Fall Displays 28
How Sweet It Is 30

Travel

Field Museum 35
Grand Place for Art 38

Food

Pot Pies 41
Bite-Size It 44

Reader Service

Information Guide 115
Travel Directory 120
Shopper's Guide 123

SEPTEMBER/OCTOBER 2010

On the cover

Easy Fall Projects 28
Halloween Events 87, 90
Pot Pies 41
Girlfriend Getaways 63
Seasonal Recipes 55
Fall Color Drives 14, 47

COVER PHOTOGRAPH BY
MICHAEL PARTENIO

14



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Midwest Living

Our favorite things about autumn ...

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Web contents

30
RECIPES
FOR FALL
PIES!

Food

Autumn and pies just seem to go together. So this month we've collected our best pies that celebrate the harvest, including mouth-watering Michigan Tart Cherry Pie (above) and twists on classics like pumpkin. Find them on our website at midwestliving.com/fallpies.

Travel

News

TRY OUR NEW TRAVEL PLANNER

Editors give it to you straight with reviews in our new online travel planner, ZOOM! Find out what we think about hundreds of Midwest places to eat, play and stay. Build an itinerary for your next trip and add your reviews when you get home. Check it out at midwestliving.com/zoom.

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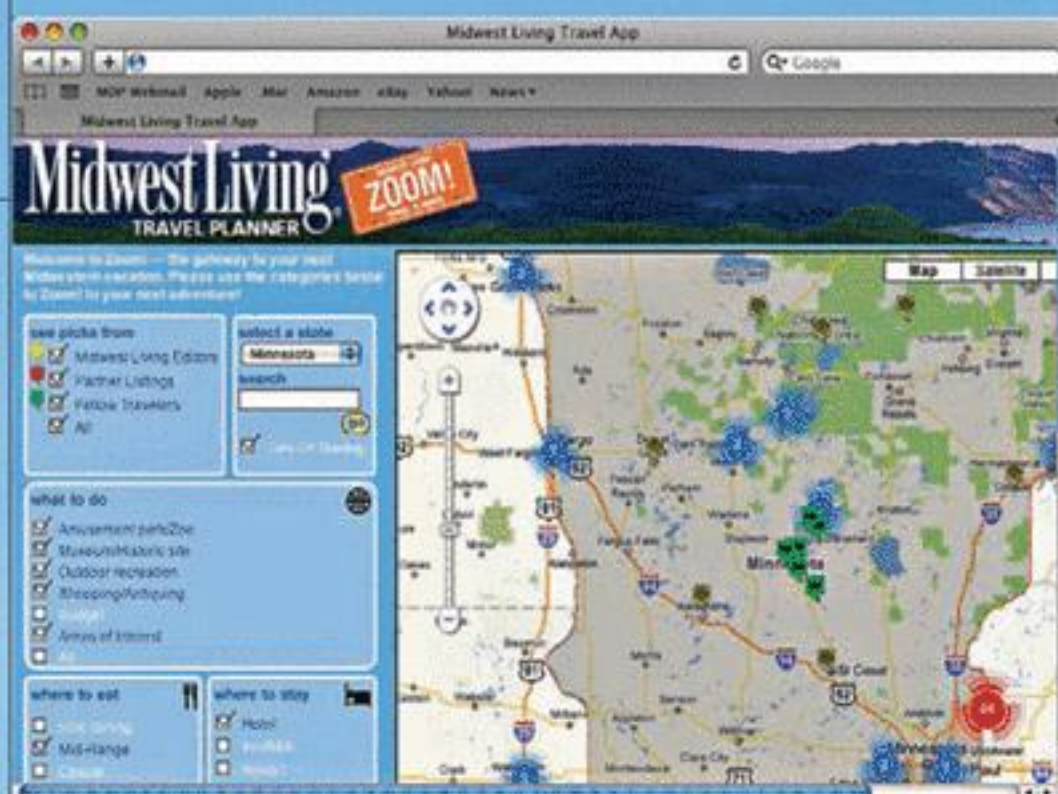
ZOOM! TO YOUR PERFECT TRIP

THIS MIDWEST LIFE

I am captivated in Lindsborg, Kansas. I'm standing nose-to-artwork in an art gallery, certain that the grasses in this Flint Hills photograph are still moving. My family and I watch as the autumn grasses shift and lean into the largeness of their freedom, lit from within by the shimmering autumn golds. Actually, that's not quite true. I am looking at the photograph. My wife, Jill, and daughter Katy are around a corner draping big custom necklaces that clatter like rain. My daughter Emily is somewhere browsing wolf postcards. At least I think she is. *Emily?*

This is often how we travel, sort of together, yet each being pulled along our own vacation cadence. Most travelers can relate. One person in the group slows to read a museum placard; another gets reeled wide-eyed straight to the next display (because, hey, it's *animated!*).

Even before you hit the street, this phenomenon plays out. How do you know which travel choices you'll like best? Where should you invest your time? Should you dine at the Chez Celia restaurant recommended at the hotel front desk, or do you stop at the local cafe that made you do a double-take when you drove by? It looked a bit rugged, but didn't it seem like there were a lot of people going in?



Here's help. Welcome to *Midwest Living ZOOM!* It's our online resource for where to eat, where to stay and what to do in towns all across our 12-state region. We tell you why we like places (or, perhaps, why we don't), and we're adding more every day. You can search for something in particular—midprice restaurants, for instance—and build an itinerary. We also share input from people like you, creating a community of insights to help make travel decisions that are just right.

When my family leaves the gallery, we resume our vacation sprawl. A weaving gallery plucks Jill and Katy right off the street for about 45 minutes and three shopping bags. The scent of roasting coffee draws me next door. Emily wanders the street taking photos of decorative dala horse statues stationed along the walk as though they'd just wandered in from a coloring book.

Some discoveries are happenstance; some happen because they're planned. Join us on ZOOM! and share the best of both.

Zoom! Check it out

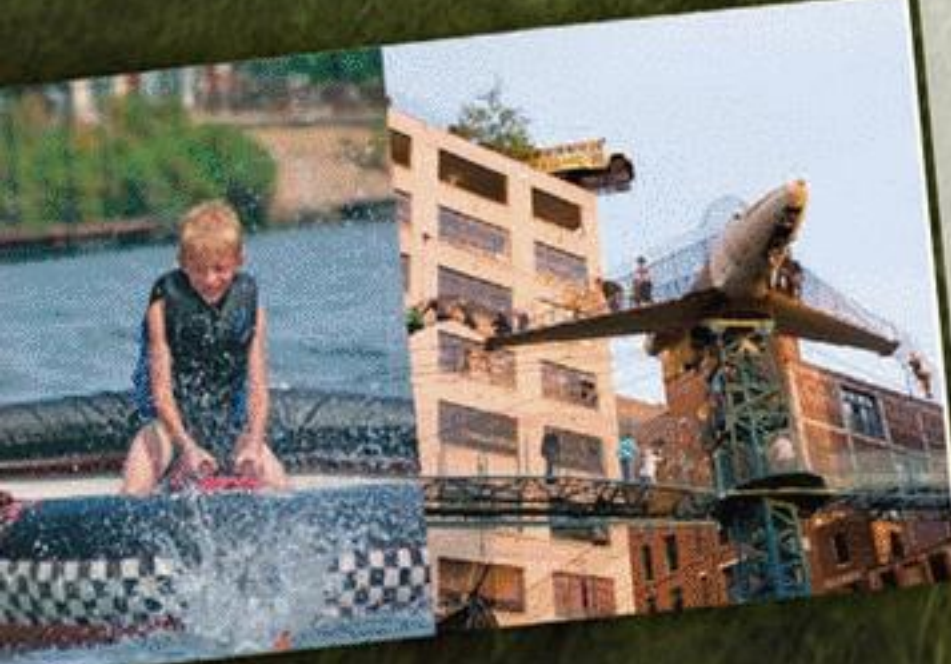
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Greg Philby
Editor-in-Chief



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A Working Closet

Ryan McPartlin, star of NBC's hit series "Chuck," is a busy actor and father who has to constantly juggle working from home and his family. Interior designer and organizer Carey Evans gives him tips and advice on how to turn an unused clothing closet into a functional office space that will keep his work safely tucked away.



OPEN THE DOOR TO POSSIBILITY

Doors can become great canvases for vertical organization. They can easily be fitted with dry-erase calendars, bulletin boards, chalkboards, or magnetic message centers. Consider what best fits your office needs and take advantage of this unused area.

THINK VERTICALLY

An adjustable shelving unit will provide the most efficient access to an organized workspace. The highest shelves should be used for archived storage. Use middle shelves for items that are needed daily, and place items that are used on a more infrequent basis on the lower shelves.



KEEP IT SIMPLE

Organizing does not always mean you have to label every item in a closet. Just stick to grouping similar items together, or by project use. Make one box that holds "all things that stick" and put tape, staples, and paper clips inside.



ABOUT CAREY

As a hands-on interior designer, organizational expert, and television personality, Carey creates environments that improve and simplify a modern family's hectic lifestyle.



FOLLOW CAREY'S SIMPLE TIPS FOR LESSENING EXPOSURE TO ALLERGENS WHEN ORGANIZING

1 Stop the piles and stop the dust — keep loose papers in covered boxes that can be easily wiped clean.

2 Dust with a damp cloth instead of dry dusting, which sends particles back into the air.

3 Use a HEPA (high-efficiency particulate absorption) air filter in your home to keep airborne particles at a minimum.

For more great organization tips and a behind-the-scenes look at Ryan's photo shoot, visit lovetheair.com

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DOWN BY

Within easy drives of Chicago and St. Louis, the Illinois River Road National Scenic Byway threads through natural areas and past the sort of water views, bluffs and brilliant fall foliage Illinois rarely gets credit for. When travelers start craving the comforts of civilization, the road meanders to places with just the right amount—welcoming hearths, inspiring art and history, memorable meals, and even locally produced wines.

A view of the Illinois River unfolds from a bluff at Starved Rock State Park.

Buy a framed print of this stunning photo. Details at midwestliving.com/prints.

THE RIVER



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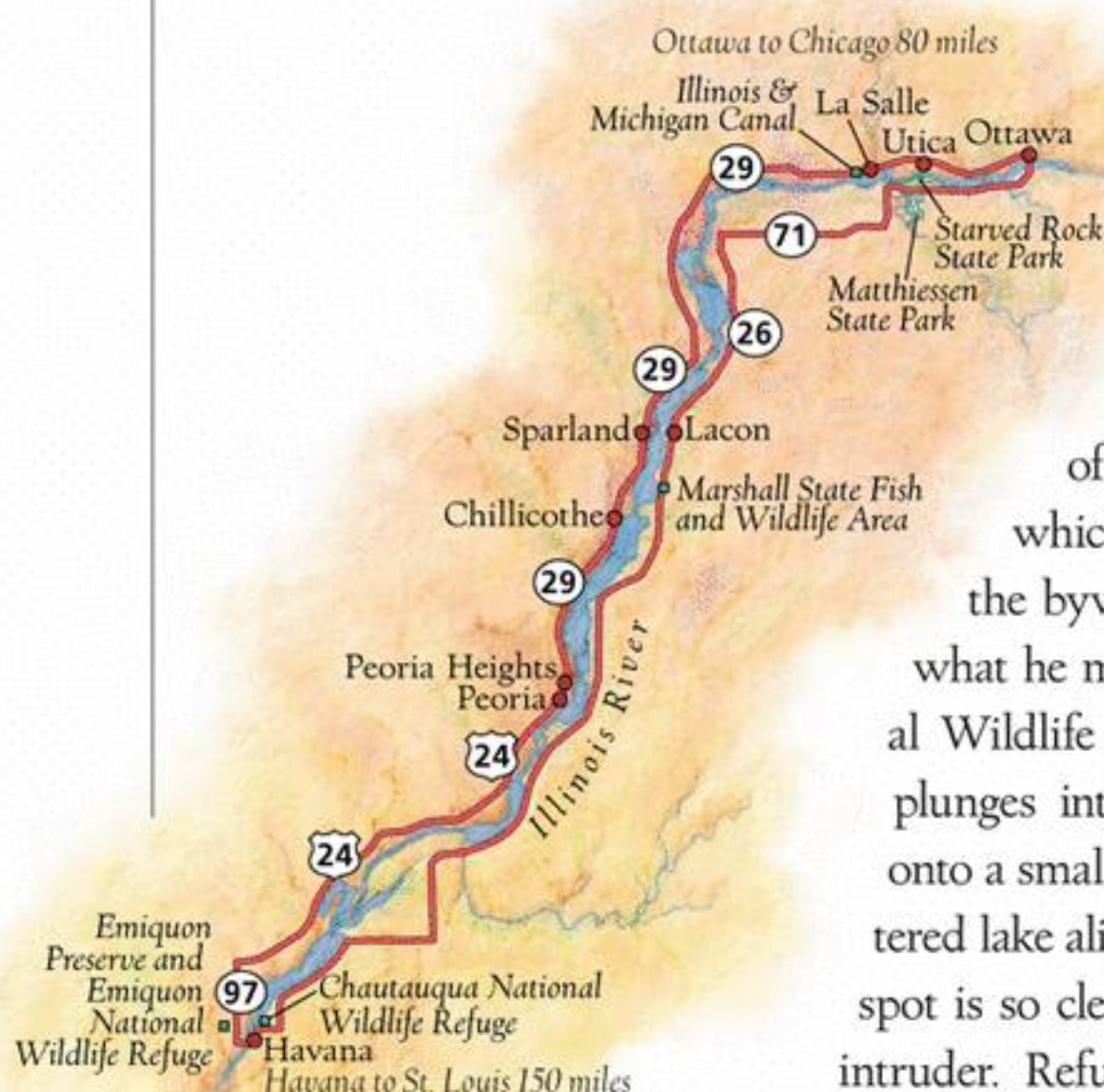
tarved Rock looms above its namesake state park and the Illinois River even more massive and ominous than I remember.

From the top, the valley spreads in the distance, still looking like some vast, wild kingdom, wide blue water framed by splashes of red and orange. The rock and this park are maybe the most welcome revelations as I make my way up and down the waterway angling across the center of Illinois. But other wild places, pumpkin patches and riverboat ports making comebacks all provide satisfying little thrills of discovery.

My trip springs partly from a desire to reconnect with childhood memories. To a St. Louis kid, my family's move to central Illinois felt like immigrating to a foreign country. My parents pointed out cornfields, barns and town squares as if they were exotic marvels. I caught their sense of wonder and never lost it. In the eyes of an adventure-starved 12-year-old, the most magical stops were Starved Rock and smaller, nearby Matthiessen State Park, the objects of weekend outings in the fin-tailed station wagon.

Decades later, the sheer power of this river strikes me as I drive the Illinois River Road National Scenic Byway north from Havana (150 miles north of St. Louis) to Ottawa (80 miles southwest of Chicago). Starved Rock, six other state parks and a dozen-plus wildlife areas survive undeveloped partly because this powerful stream, once a broad channel of the Mississippi, pretty much refuses to allow anything else on its banks. After decades of floods, farmers and developers gave up, and naturalists took over.

With adjacent wetlands and flood plains managed to resemble their original state, the river remains "a superhighway for millions of birds," says Doug Blodgett of the Nature Conservancy, which oversees preserves along the byway's southern tip. I glimpse what he means in Chautauqua National Wildlife Refuge. A well-tended trail plunges into deep woods then opens onto a small platform overlooking a sheltered lake alive with white pelicans. This spot is so clearly theirs that I feel like an intruder. Refuges such as Marshall State



(From top) The Illinois River spreads broad as a lake in spots. Five miles of trails carve into the mile-long canyon at Matthiessen State Park, where you'll find rock formations with imagination-starting names like Devil's Paintbox, Wishing Well and Giant's Bathtub.

THE ROUTE:

The Illinois River Road National Scenic Byway follows both sides of the river, creating a 291-mile loop. Our one-way route hits our favorite spots. From Havana, head north to Chautauqua National Wildlife Refuge, then backtrack to the river's west side; go north to Peoria. From Peoria, go north on the west bank through Chillicothe; at Sparland, cross to Lacon, then drive north on the east bank to the Starved Rock area, then on to Ottawa.





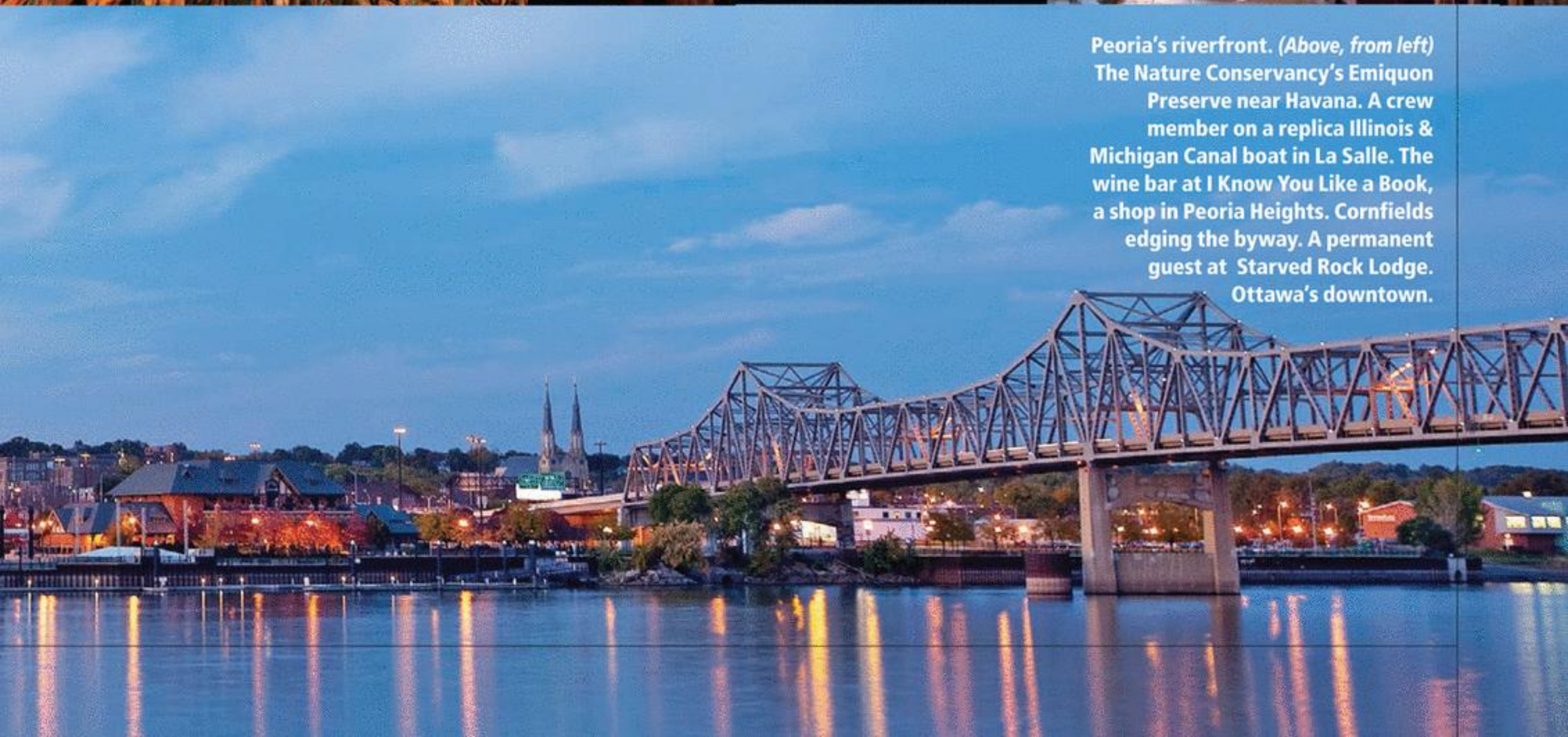
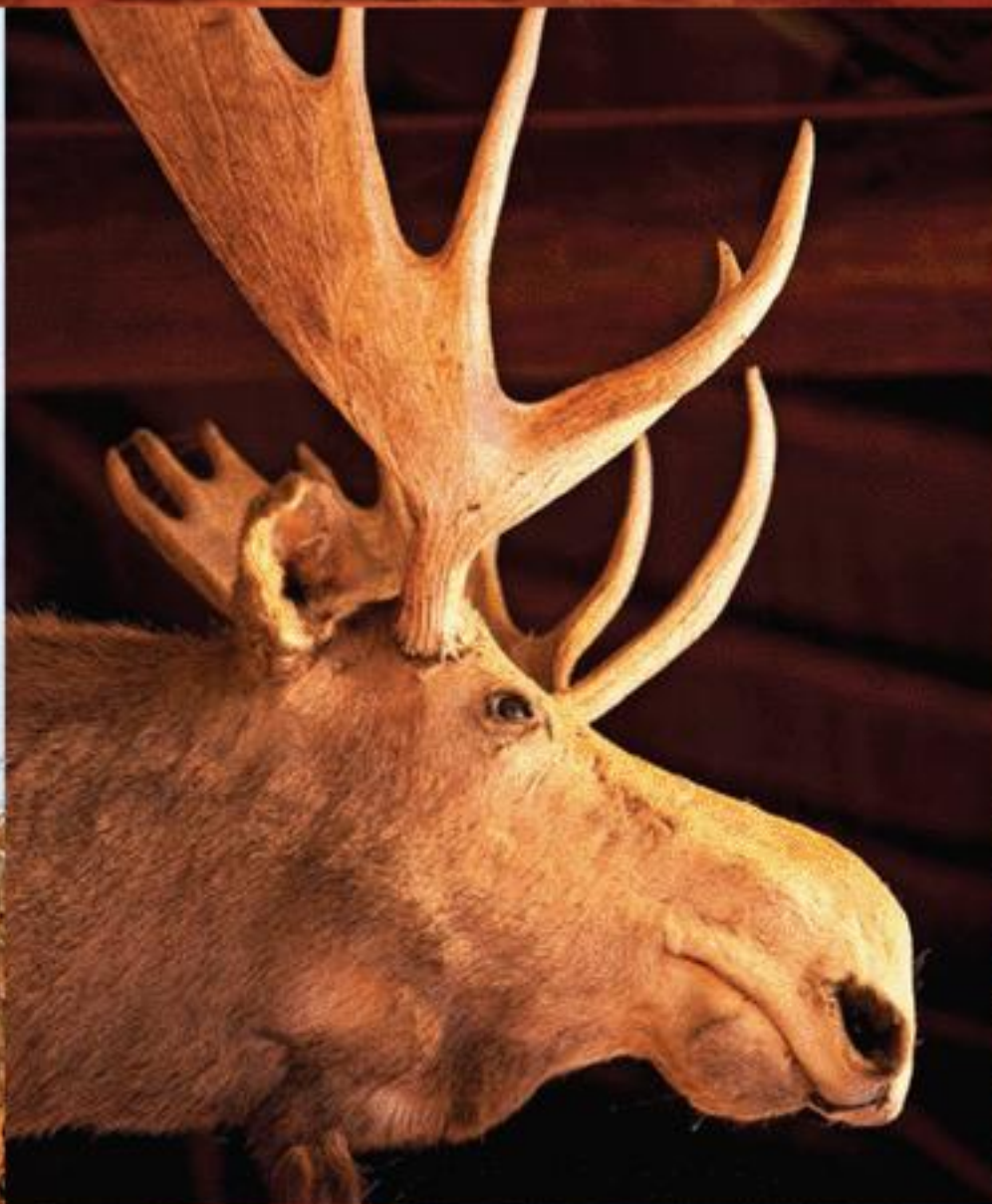
Wild places, pumpkin patches and riverboat ports making comebacks





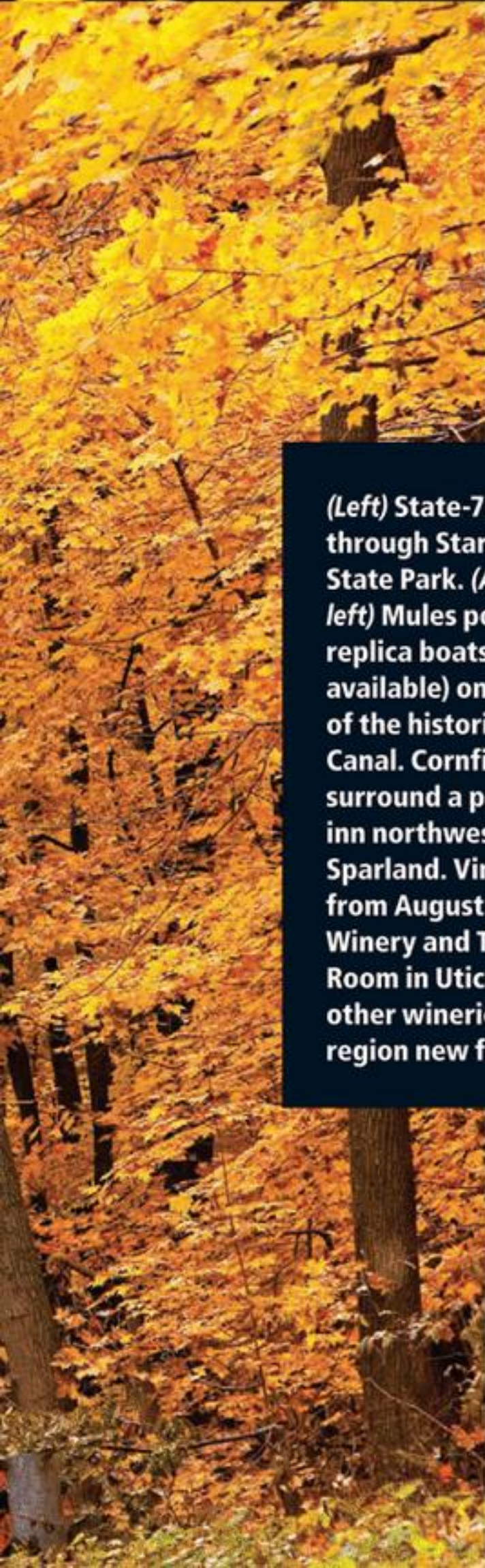
Every fall, family-owned Boggio's Orchard southwest of La Salle is the place for pumpkins, apple-cider doughnuts and freshly baked pies.

all provide satisfying little thrills of discovery.



Peoria's riverfront. (Above, from left) The Nature Conservancy's Emiquon Preserve near Havana. A crew member on a replica Illinois & Michigan Canal boat in La Salle. The wine bar at I Know You Like a Book, a shop in Peoria Heights. Cornfields edging the byway. A permanent guest at Starved Rock Lodge. Ottawa's downtown.





(Left) State-71 curves through Starved Rock State Park. (Above, from left) Mules power replica boats (rides available) on a remnant of the historic I&M Canal. Cornfields surround a pampering inn northwest of Sparland. Vintages from August Hill Winery and Tasting Room in Utica and other wineries give the region new flavor.

Fish and Wildlife Area near the byway's center protect smaller natural pockets. I spy a tall gray bird standing in the river shallows. A great blue heron! I can't resist moving to aim my camera. Our eyes meet, and he (she?) flaps away. My shot is a blur. I walk the bank, hoping for another try. But soon I'm content just shuffling through fallen leaves.

The towns sprinkled between these wild places also have come to terms with the river, often in appealing and inspiring ways. In Peoria, the largest metro on the route, trails and parks link marinas full of speedboats beside the redeveloped riverfront. Restaurants and shops are repopulating the district once crowded with factories and warehouses, and the *Spirit of Peoria*, an authentic stern-wheeler, departs where the 50-plus riverboats on the Illinois docked in the 1850s. I check into the Mark Twain Hotel a couple of blocks away, grateful to discover that the name is the quaintest thing about the entire place. A sleekly redone room offers a flat-screen, Wi-Fi and a roomy tiled shower with water raining down from a plate-size head.

Narrow, precarious-looking humpback metal bridges cross the water at regular intervals, as enticing and scary as old roller coasters. Between towns, the route is easy to follow. In fact, sometimes it's pretty much the only road along the river. It moves close in stretches, but mostly keeps its distance, tracing the edges of farm fields and woods. I find it's liable to bypass places where I want to stop. I turn off and hunt down old business districts. Blank windows stare back accusingly in some spots, and I feel like I've come too late. But here and there, a shop or a cafe has hung on or come back. In Chillicothe, an 1868 bank has been transformed into Happy Thought Coffee with rich brew, muffins baked in little flower pots and daily from-scratch lunch specials. "And we have the only espresso machine in town," owner Sarah Williamson says with a wide smile.

In La Salle, I search for what used to be the town's reason for being—the Illinois & Michigan Canal, a hand-dug channel that linked navigable sections of the Illinois River to Chicago. Backtracking, I find a new visitors center selling tickets for rides on a replica canal boat. As a mule plods on the towpath pulling the boat at a slow walk, Robert Mellen, relishing his role as a "crew member," commiserates with us passengers about the fare for traveling the canal's 96-mile length. "Four dollars...isn't it outrageous?"

Heading east, I'm eager and reluctant to get to Starved Rock. Can it measure up to my memories? Following the entry road through tall hardwoods, I realize there's even more to the park than I recall. Our family probably stayed close to the visitors center on the most-manageable portions of 13 miles of trails. Of course, we didn't stay in the lodge. No one did that with five kids in those days. We just gawked at the stone-and-timber building rambling like a castle along the top of a bluff.

Maybe that's why my simple wood-paneled room, windows cranked open to crisp October air, confers an odd feeling of privilege. And I feel an almost illicit charge as I set out on the trails, knowing I can go as far as I

Continued on page 104

2nd Annual My Midwest photo contest

Win a world-class golf and spa weekend
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2009 EDITORS' CHOICE WINNER
JILL ONGLEY, KALAMAZOO, MI
"The End of the Trail"

FALL INTO THE MIDWEST

FALL IS THE PERFECT SEASON TO GET OUT ON THE WEEKENDS AND EXPLORE THE MIDWEST. From scenic drives to the last of the warm weather activities—there is so much to do and see. Plus with harvest time and Halloween right around the corner, the region is overflowing with food and family festivals that are not to be missed. While you're traveling snap a photo of one (or more) of your favorite experiences, places or Midwestern icons and show us what "My Midwest" means to you. Upload your photos, along with a brief description of where you went and what you did, for the chance to win an amazing getaway at Destination Kohler.

TWO WAYS TO WIN

1. BI-MONTHLY WINNERS

With each issue, posted photos will be judged for a chance to win great prizes, including a digital camera, iPod touch, DVD player and Flip Video Camcorder.

2. GRAND PRIZE WINNERS

At the end of the year, two grand prize winners will each receive a trip for two to Destination Kohler in Wisconsin.

GRAND PRIZE WINNERS INCLUDE:

- **Editors' Choice Award** as selected by the editors of *Midwest Living*
- **Readers' Choice Award** as selected by *Midwest Living* readers

Each grand prize package includes: airfare for two; three-day, two-night luxury accommodations at The American Club at Destination Kohler complete with one spa treatment per person; two gourmet dinners and a round of golf on the Whistling Straits course—home of the 2010 PGA Championship.

LOG ON TO MIDWESTLIVING.COM/MYMWIDWEST TO UPLOAD YOUR PHOTOS, see official contest rules, check out photo galleries and much more!

Subject to Official Rules at <http://www.midwestliving.com>. No purchase necessary to enter or win. To enter visit <http://midwestliving.com/mymidwest> and complete the registration form, then follow instructions to upload up to six (6) original photos into one (1) album that reflect a Midwestern location or experience. The fourth "My Midwest" monthly photo contest begins August 24, 2010 and ends October 25, 2010. Entries must be received by 12:59 AM CT on October 25, 2010. Open to legal residents of the 50 United States and the District of Columbia 18 years or older. Multiple entries will be accepted from entrants, and each entry must be for a unique location or experience. Void where prohibited. Sponsor: Meredith Corporation.

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The 104th Circleville Pumpkin Show

The Circleville Pumpkin Show—known as the 'Greatest Free Show on Earth'—will observe its 104th anniversary October 20 thru 23. Featured will be seven parades, pumpkin pie contests, entertainment, all kinds of pumpkin foods, giant pumpkins, squash, gourds, fruits and vegetables, baked goods, arts and crafts, canned goods, art show and flowers. Come join us in Circleville, OH, 10AM until 11PM. Call (740) 474-7000 or log on to www.pumpkinshow.com.

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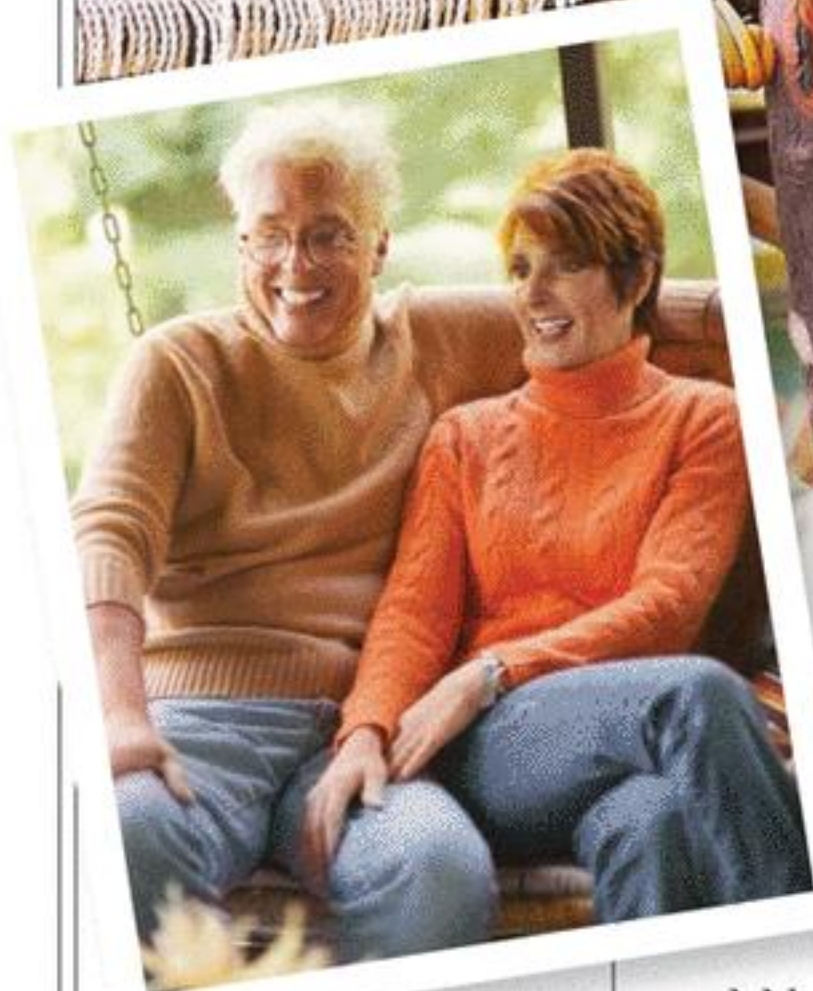
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M I D W E S T Home & Garden



A cabin rooted in the past offers passionate collectors the perfect escape.

Fall favors Mark and Linda Heister's 1932 Michigan log cabin. Bittersweet and blazing red maples create a spirited backdrop that enhances the home's color scheme.

When the Heisters found the home in the sleepy village of Michiana, they never expected to fall in love with an aesthetic so different from their city house. "We didn't own one thing that would be right," Linda admits. But the cabin seduced the Heisters with what Mark calls "the charm factor," and they decided to pattern the interior as a Michigan version of an Adirondack cabin, a rustic style developed in New York's Adirondack Mountains in the

late 1800s that features natural materials in harmony with wooded landscapes.

Trees tend to make the house dark, so the Heisters added bold color accents for liveliness. They didn't want to paint the wood walls, though, so Mark injected life into the rooms with easy-care all-weather serape-look stripe fabric fashioned into cushions and pillows.

"It took us forever to get the house comfortable," Linda says. Vintage rugs and blankets add warmth. "We've animated it with rustic treasures. And it's such, such fun." Especially when autumn leaves start to turn.

For product resources, see page 122.

Dining table (Right)

Prickly lavender-blue thistle lends texture to the smooth gray-green glazes of Ephraim reproduction vases and candleholders. The tall vase is vintage Roseville.

Hutch (Far right) This hickory log hutch, hand-crafted at the Indiana State Farm Prison, coordinates with vintage Old Hickory furniture pieces that came with the house.

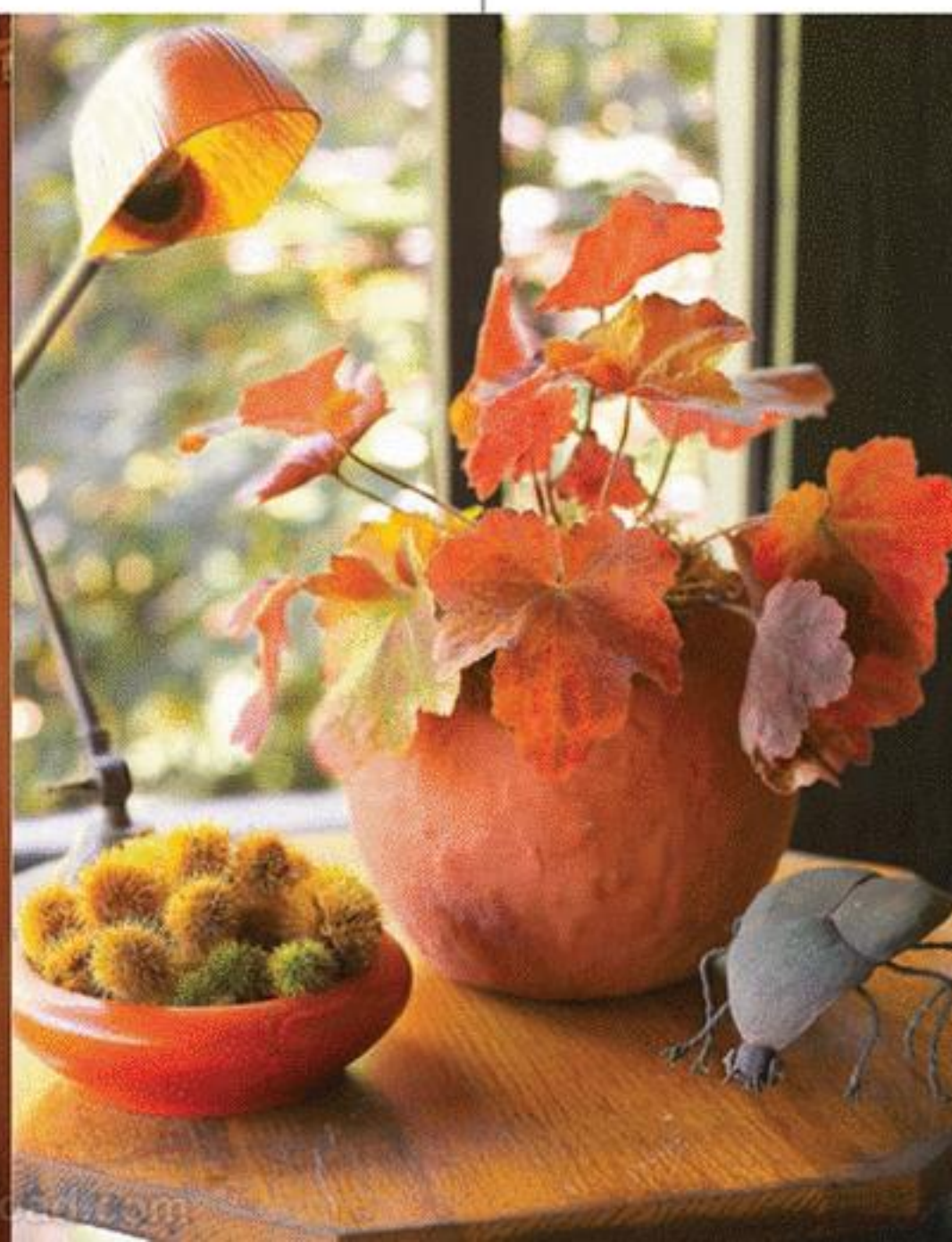
**Year-round porch**

(Left) This roomy daybed invites curling up with a book on the back porch. A reproduction Teco pottery vase holds branches cut from the garden to reflect the bronzy hues outdoors. Both Linda and Mark love antiques, so they scoured local antiques shops along the Red Arrow Highway in Harbor Country for vintage finds that give the home its personality.

**Living room** (Right)

Curtains made from Hudson Bay blankets frame a vignette of old natural artifacts, including a partridge, a raven in flight and trophy antlers.

Porch (Far right) A glazed terra-cotta Red Wing bowl holds spiny flowerheads, while a dimpled Mexican vase cradles a smooth-leaved *Heuchera* plant. The metal beetle was a gift from friends. ■





Family Pourtrait.

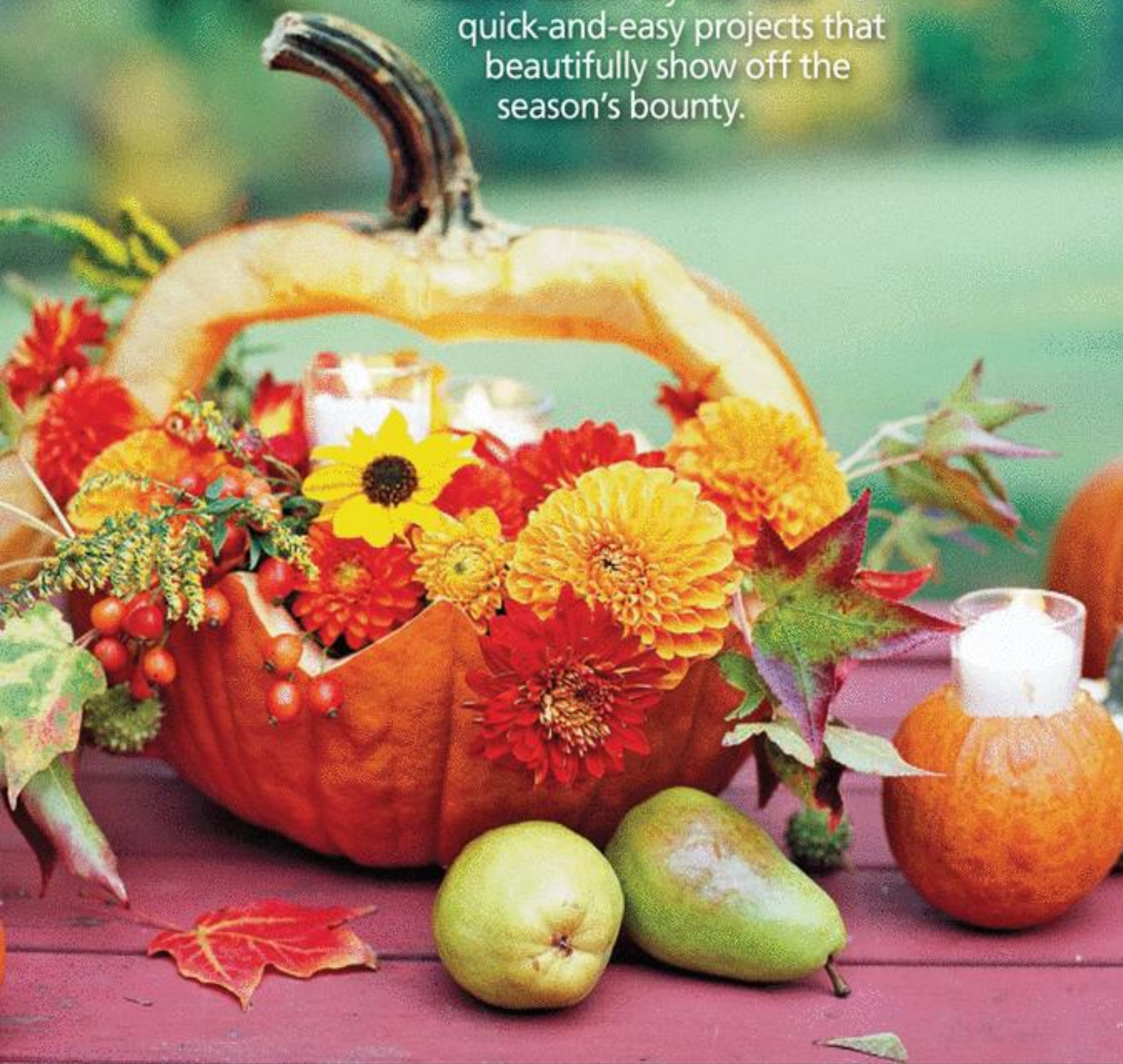
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Create easy fall displays

Fall fruits and veggies naturally shine as seasonal decor. Try our four quick-and-easy projects that beautifully show off the season's bounty.



Natural vases

(Left and on the cover) A creatively cut pumpkin "basket" makes an imaginative centerpiece for a fall table. Cut out two top quarters of the pumpkin, leaving the stem and a narrow strip as the basket "handle." Zigzag the bottom edges, and hollow out the base. Place a block of wet floral foam inside. Position two glass votive holders in the foam and surround with a bevy of fall blooms and leaves. Use the same technique to create the pumpkin vase on our cover. *(Above right)* Gourds come in all shapes and colors and easily become seasonal vases. Cut a hole big enough to accommodate a couple of florist tubes. Insert flower stems for a unique bud vase.



Easy apple picker

(Below) A bargain apple picker from a flea market or architectural salvage store creates a basket for displaying apples. If the handle is too long, saw off the end. Fill with six to eight apples with leaves attached, or tuck in cut leaves and fall flowers. Lean the picker against a wall inside your home, or hang it on your front door for a welcoming seasonal arrangement. ■

Corn on a rake

(Right) Put an old garden rake to use as an autumnal door display.

Just add ears of multicolor maize. To secure, push each ear of corn between the teeth of the rake. Hang near your front entry with a hook, or prop it against a nearby wall. You'll have a festive fall look in minutes.



For more fall decorating projects, visit midwestliving.com/fallcenterpieces.

If a picture is worth a

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How sweet it is

Your garden's last act of the season just might be its high point if you plan a grand finale with sweet autumn clematis (*Clematis terniflora*). "It's the thrill of the September garden," says Roy Klehm, owner of Klehm's Song Sparrow Nursery in Avalon, Wisconsin. "It blooms so well and is so fragrant," he says. "And the silky seed heads [left behind when blooms fade] look great through winter." Unlike other clematis with big pinwheel flowers, sweet autumn bears a voluminous shower of small, starlike blooms.

This perennial Japanese native is a sure bet for Midwest gardeners because it can take sub-zero winters and hot, steamy summers (Zones 4-9). Like all clematis, sweet autumn likes cool roots, so mulch around the base. Make sure the top of the vine is in sun for flowers to bloom.

Sweet autumn is an aggressive climber, so plant along a fence, porch railing, trellis, arbor or pergola. The ambitious vines can reach up to 20 feet long, so they may need to be trimmed back. Use chicken wire to protect the plant from rabbits. Cut off dead foliage and stems in early spring (flowers bloom on new growth) for an even bigger show next year.

To order, visit songsparrow.com.



Plant "A game" grass

Grow the major league of lawns, literally, with grass seed mixes straight from the Midwest's big-league baseball parks. New seed blends from Scott's Miracle-Gro contain the same lush, dark green varieties used on the fields of the Chicago Cubs, Cincinnati Reds, St. Louis Cardinals and other teams (Kentucky bluegrasses for the Cubs and Cards; a mix of ryegrasses and bluegrasses for the Reds). Scott's enlisted each ballpark's groundskeeper to help develop the blends. Cost is \$21 per bag.

For local retailers: 888/270-3714; scotts.com.

Check out my quilted garden shed!

The photo of a barn quilt in the March/April 2009 issue inspired me to research the history of this true American folk art. When I told my husband that I wanted to paint a barn quilt on our garden shed, he nodded and grabbed the ladder and yardstick, and we went to work. I planned the

colors and picked up paint at a home improvement store. Even the sales representative got excited. I went home and started painting. Our neighbors came out to see what we were up to; they're always wondering what we're going to do next. Our yard is like our own little park.

—Linda VanDyke,
St. Joseph, Missouri



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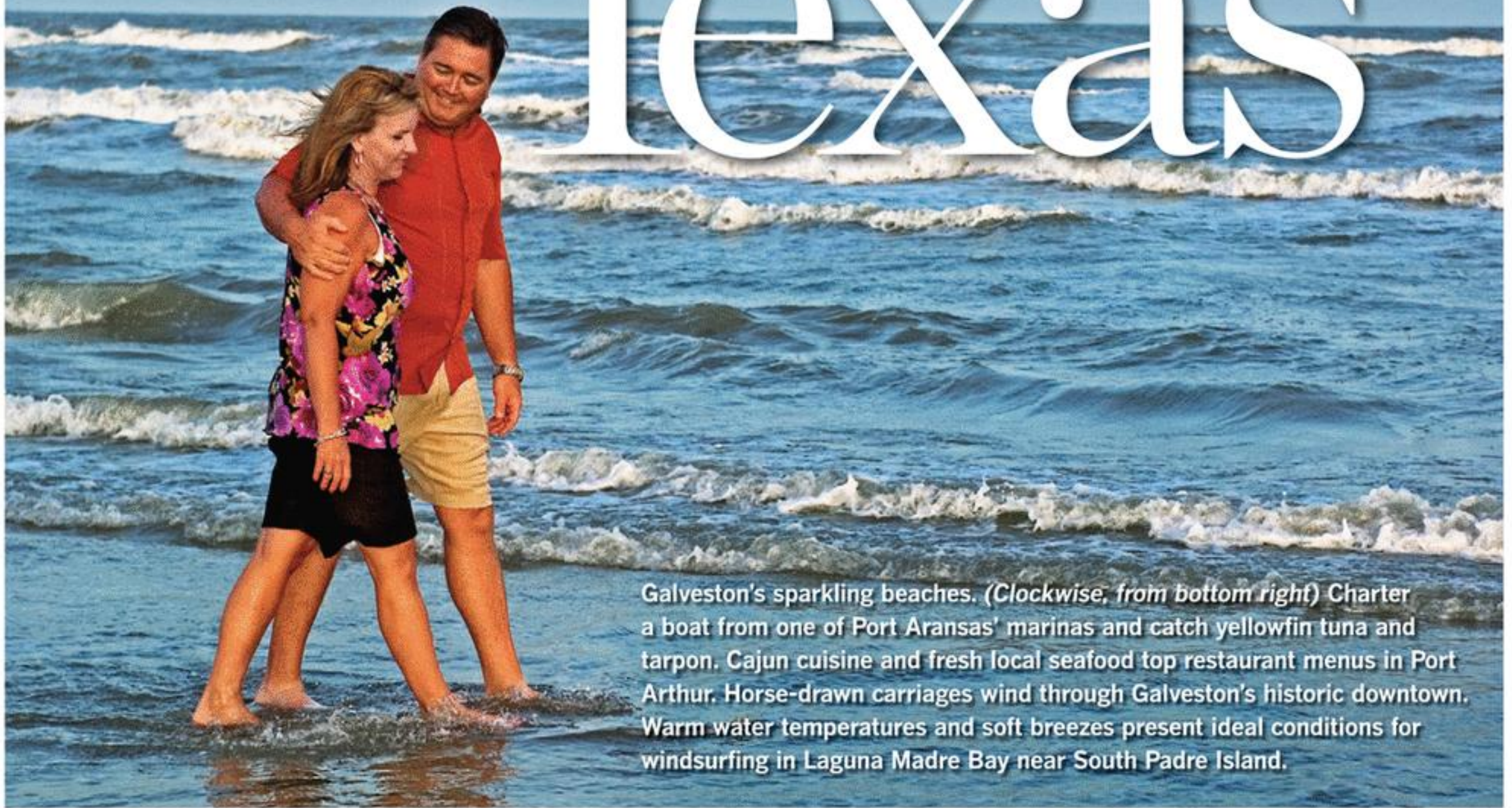
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Best Beach Towns Texas



Galveston's sparkling beaches. (Clockwise, from bottom right) Charter a boat from one of Port Aransas' marinas and catch yellowfin tuna and tarpon. Cajun cuisine and fresh local seafood top restaurant menus in Port Arthur. Horse-drawn carriages wind through Galveston's historic downtown. Warm water temperatures and soft breezes present ideal conditions for windsurfing in Laguna Madre Bay near South Padre Island.

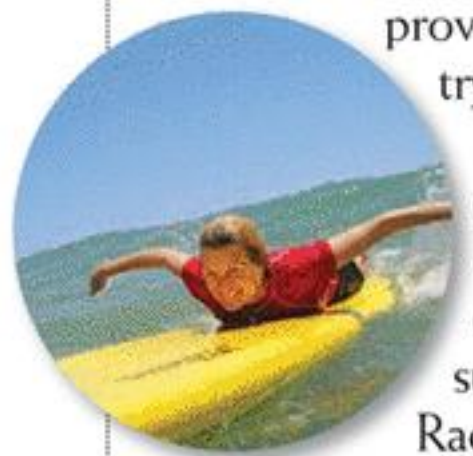


As cool days and even cooler nights arrive, we Midwesterners begin to look for our next warm-weather getaway. Within easy driving distance from the Midwest, the sunny Texas Gulf Coast's more than 600 miles of sand and surf make a perfect destination. But with so much shore, it's not always easy to decide where to go. Here are some ideas and inspiration.



South Padre Island

The Lone Star State's southernmost beach town, famous for its sands, provides the ideal base for trying new water sports.



Warm waves gently curling onto the island's east shore offer ideal conditions for aspiring surfers. Local surf legends

Rachel and Gene Gore of

South Padre Surf Company spread the cause with lessons and half-day camps. A half-mile away on the island's west side, stand-up paddleboards are the perfect vehicle for cruising the protected waters of Laguna Madre. (Rentals at area shops.)

Air Padre takes advantage of sea breezes with acclaimed three-hour kiteboarding lessons. For beginners and experts, South Padre's chest-deep flat water, steady winds and endless open beach serve up some of the best kiteboarding conditions in the world. It's like going to Vail to learn to ski, but students get to wear board shorts.

Corpus Christi

Famous for its birding, this southwest Gulf Coast hot spot is a great base for exploring the natural gifts of Padre Island National Seashore.



Downtown bends around its namesake bay, encompassing first-rate attractions, including The Texas State Aquarium, the floating naval museum *USS Lexington*, and walkways and waterfront

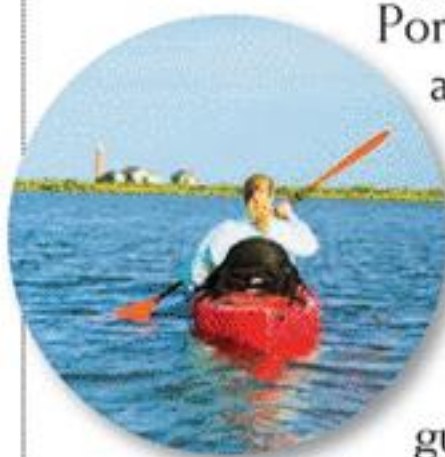
restaurants along the Seawall. But across the JFK Causeway, parks and natural areas preserve the coastal wilderness of Mustang and North Padre islands. A haven for migrating birds, Padre Island stretches south from Corpus Christi Bay for more than 100 miles, most protected as Padre Island National Seashore. On this mile-wide slip of sand, there's hardly a sign of civilization. Instead, rumped dunes rise up along mile after mile of pristine sand beach,

the longest undeveloped stretch of barrier island in the world.

A 5.5-mile paved road provides easy access to gulf-side beaches and Bird Island Basin along the protected waters of Laguna Madre. At the end of the road, nature takes over. Sand-and-shell beaches unfurl south to the horizon, alive with sandpipers and stilts and flocks of pelicans soaring above. Endangered sea turtles bodysurf ashore to lay their eggs, and dolphins arc beyond the breaking waves. Visitors can swim, camp or hike for miles, with only the sparkling waves guiding the way.

Port Aransas

One of the top sportfishing destinations along the Gulf Coast,



Port Aransas also attracts millions of birds migrating along two major flyways to its waters and wetlands. Volunteer guides lead weekly

birding walks at the

Leonabelle Turnbull Birding Center, a great starting point for novice and veteran birders alike. A boardwalk traverses a broad freshwater marsh, where herons, terns, ducks and others from as far away as Central America and Alaska wing in for a dip and a drink. Someone new is always stopping by, from magnificent frigate birds with their 6-foot wingspans to everyone's favorite locals, the roseate spoonbills.

Nearby, birders add more sightings to their life lists at tucked-away Joan and Scott Holt Paradise Pond, observation areas at the Wetlands Education Center and the new 1,200-acre Port Aransas Nature Preserve.

Galveston

This grand dame of the Gulf Coast artfully preserves her 19th-century heyday and nurtures one of the region's richest, most creative food scenes. Tucked amid the nation's finest

collection of Victorian architecture—iron-trimmed storefronts, magnificent mansions and turn-of-the-last-century warehouses—chefs



capitalize on splendid seafood and other bounty.

In the heart of the downtown Strand Historic District, yellowfin tuna BLTs and platters of enormous fried shrimp highlight the menu at the M&M Restaurant & Bar. On the East End, sample corn-dusted red snapper and firecracker shrimp with sweet chili sauce at 901 Postoffice. At its second restaurant, longtime local favorite Olympia Grill brings its Greek-inspired seafood specialties harborside, with waterfront dining near popular attractions such as the Texas Seaport Museum. That's perfect fuel for a dreamy day along the gulf, swimming at Stewart Beach and strolling or cycling the Seawall's 10-mile-long promenade.

Beaumont • Port Arthur

Texas' easternmost gulf beaches dissolve into a magical world of sleepy bayous, where turtles sun



on cypress logs and alligators submerge in the shallows.

Famous for its Cajun culture, this coast also is a great place to cast a line.

Near the busy ports

of Beaumont and Port Arthur, the Sabine and Neches rivers meet the sea, flowing into 14-mile-long Sabine Lake. Fresh and salt water mingle in this vast estuary, where tides ebb and flow through cane and bull rush. That natural action creates a busy marine world and a dynamic destination for anglers. Guides such as Randy Foreman of Captain Randy's Guide Service help guests reel in flounder along shell banks, redfish from deepwater pockets and speckled trout in the channels.

Fresh catch is easy to find on land, too. In nearby Groves, Larry's French Market & Cajun Restaurant is part store, part restaurant and part rollicking dance hall. Both the Cajun cooking and the frequent live music are hot local flavors worth savoring. ■



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THE FIELD MUSEUM'S 10 HIDDEN GEMS

Chicago visitors can't help but notice the lamppost banners trumpeting the Field Museum's blockbuster exhibits. But this massive natural history treasure, which opened in 1893, promises pay dirt for explorers eager to peel away from the crowd. With so much to see (most visitors squeeze in a fraction of the 480,000 artifacts on display), it's easy to blow by treasures like these.

Ground level

1 The King of Pop
(Top) Well, not really, but the limestone bust in the *Inside Ancient Egypt* exhibit bears an uncanny resemblance to Michael Jackson, complete with black eyeliner, high cheekbones, pursed lips and crumbling nose. The New Kingdom period

sculpture is encased with rings, necklaces, beaded combs and amulets.

2 Mold-a-Rama
(Above left) Outside the McDonald's, you'll find four of the few remaining 1950s-era machines whose molds fill with molten wax and split apart, revealing a perfectly formed mini

dino. A spatula dislodges the steaming, bloodred beast before it slides into the pick-up trough, tail first. Still warm, the souvenir smells like new crayons (\$2).

3 Fossilized bugs
(Above) Use one of the magnifying glasses and study insects trapped in tree resin in the Small



Treasures Gallery. Some of the bugs in the amber time capsules are older than Sue, the museum's famous *T. rex*. You'll see tennis-ball-size Goliath beetles and exotic butterflies with tie-dye-like wing designs.

4 Bushman's hand

(Above) Place your tiny hand in the massive bronze-cast hand of Bushman, the 550-pound lowland gorilla who lived at the Lincoln Park Zoo from 1930 to 1951. Bushman's dung-hurling antics, shows of strength (stretching car tires like rubber bands) and virility (he fathered the nation's first successful gorilla captive breeding program) made him a Chicago celebrity.

Main level

5 Wall of shoes

(Right) Most of the shoes in the *Common Concerns, Different Responses* exhibit date

from the 19th and 20th centuries and show how people protect—and ornament—their feet. You'll see strappy Egyptian sandals, Siberian fish skin boots, Turkish stilt shoes, tiny Chinese shoes for bound feet, firefighters' boots, stilettos and more. A recent day at the museum sums up how this exhibit affects people. A mom with three girls says, "These are the shoes I've been wanting to show you!" Meanwhile, a school-age boy does a header into the case; his concerned father gets distracted by Michael Jordan's Nikes.

6 **Nkondi** (Right) It looks like a cool piece of reproduction primitive art some people put in their gardens. But the message behind the nkondi in the



Africa exhibit is much more profound. Rather than holding a grudge after a dispute over, say, property, the Bakongo people of central Africa used this nail-studded figure centuries ago to mark the end of conflicts. After a fight, the men



involved would drive a nail into the nkondi and bury their differences. Its message lives on. The High Museum of Art in Atlanta chose this piece to represent the Field Museum for a special exhibit during the 1996 Olympic Games.

7 Fossils underfoot

Look down for fossils imbedded in the Stanley Field Hall's gray limestone floor. Docent Thomas Delahunty uses a laser pointer to help visitors spot screw-shape Archimedes, willowy



crinoids (called sea lilies), coral and trilobites. The stone comes from quarries in Carthage, Missouri, where there was a prehistoric sea.

Upper level

8 Evolving Planet

murals (Above) Created in 1926–30, Charles Knight's 23 nature paintings on the walls capture lifelike qualities of a slew of dinosaurs, mastodons and saber-tooth tigers. They're cool, but here's what makes them amazing: The artist was legally blind.

9 Romance among the rocks

Enterprising men eager to pop the question can head to the renovated Grainger Hall of Gems. The bride-to-be's ring sparkles in a display case (identical to other cases holding 600 gems and 150 jewelry pieces from the museum). The groom "breaks" into the case and pops the question (\$350).

10 The Maori house

(Below) A little house high in the corner of the *Traveling the Pacific* exhibit means an awful lot to a faraway group of people. The Maori tribal people of New Zealand—known for their tongue-wagging haka dance—built this meetinghouse in 1881. It fell into disrepair; the Field Museum bought it in 1905, moved it to Chicago and reconstructed it in 1993. Today, it's one of the few Maori homes left in the world. Maori descendants, some of whom have visited here, reverently say a home has a life of its



own: The roof beam is the backbone, the rafters are ribs, the windows are eyes. When you look at this home that way, it takes on new meaning. ■

Admission charged (312/922-9410; fieldmuseum.org).



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A grand place for art

The ArtPrize concept sounds like a reality TV gimmick. Any artist can enter a piece; any place in downtown Grand Rapids, Michigan (*above*), can show work; anyone who attends can vote for his or her favorites—and the person who wins first prize gets a staggering \$250,000. Like that singing show on Fox, the inaugural ArtPrize (held in 2009) was an instant phenomenon. During two weeks last fall, more than 200,000 people visited 159 venues to see 1,262 works of art. But the event's impact went beyond numbers. Streets, museums, restaurants and hotels filled with people talking, thinking, marveling and laughing about *art*. No wonder, then, that the city (and the larger art world) is already buzzing about this year's event (September 22–October 10).

ArtPrize's populist ethos means that many artists submit pieces designed for the masses. In



other words, they're fun. (Last year, one competitor launched 100,000 paper airplanes from downtown rooftops; another created portraits from pushpins.) But many works are more traditional. The 2009 winner, Ran Ortner's *Open Water No. 24*, is an impressively realistic painting of the ocean (*above*). No one knows what will capture the crowd's imagination this time around, but one thing is for sure. If you want to visit, book your hotel now (artprize.org).



TRIP CHICK

LEARN BY CHOCOLATE

Our savvy travel insider dishes on what has her excited this month.

I'm already salivating over **Chocolate**, which opens October 2 at the Minnesota History Center in Saint Paul. The exhibit explores the cacao seed's transformation from Mayan crop to global commodity (and my best friend). Extra cool: The museum is even hosting cooking and tasting events with local chocolatiers. Through January 2, 2011.

Admission charged (651/259-3000; minnesotahistorycenter.org).

Horseplay

The Alltech FEI World Equestrian Games kick off September 25 in Lexington, Kentucky. For horse lovers, this is a Big Deal. (This Super Bowl of the horse world has never been held in the U.S.) But it sounds like fun even for newbies. I plan to skip the pricier events and buy a \$25 grounds pass to see historical exhibits, vendors, music—and lots of horses (888/934-2010; alltechfeigames.com). ■

Magical mansion tour

The lights of Blennerhassett Mansion (*right*) twinkle, and bluegrass music floats in the air. Is this 1805 or 2010? That depends on how much you want to give in to the magic of Blennerhassett Island, a drop of wilderness in the Ohio River (106 miles southeast of Columbus).

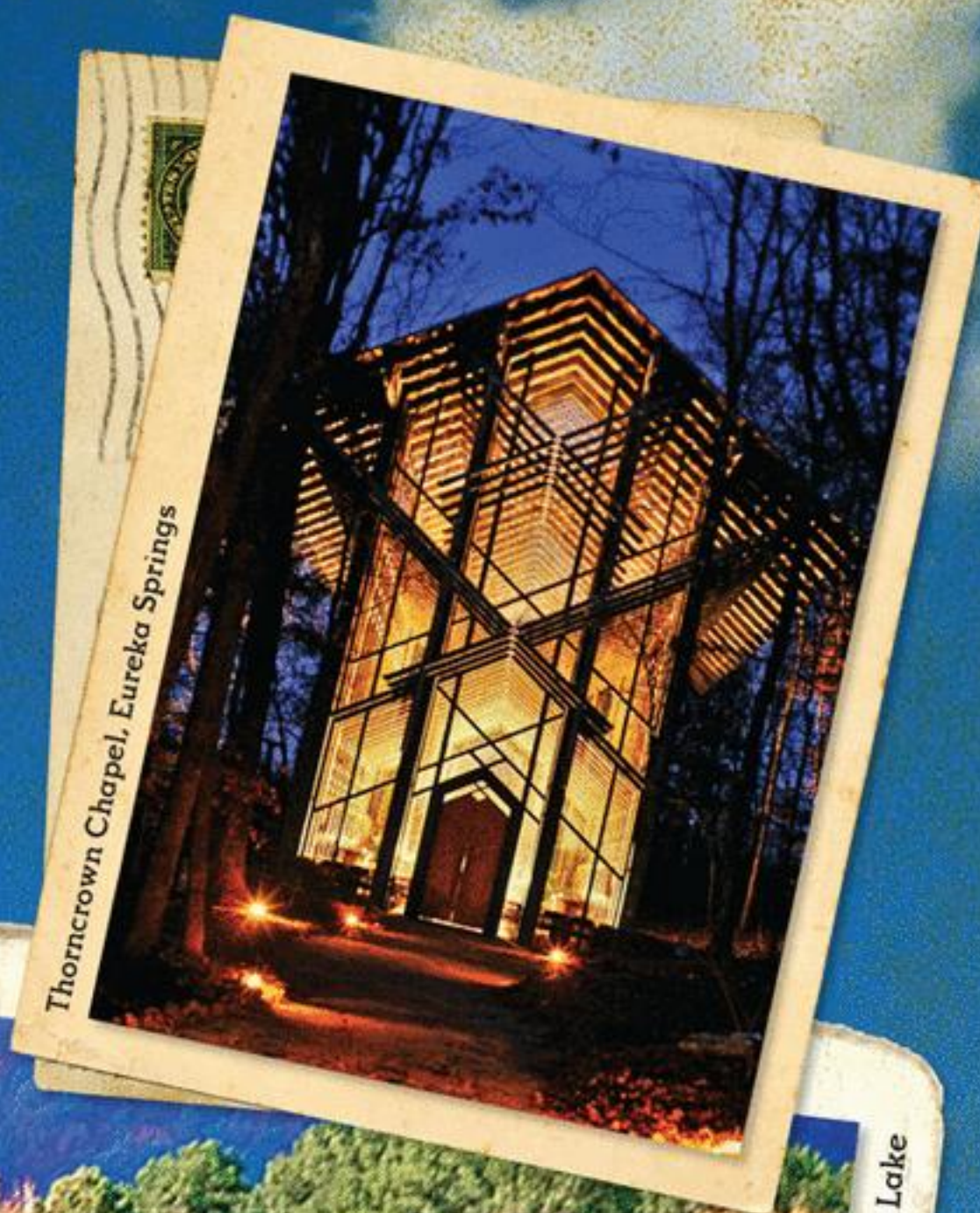
Blennerhassett Mansion by Candlelight (October 8–9 this year) re-creates lavish parties held on the island 200 years ago. A sternwheeler brings guests from Belpre, Ohio, for candlelit tours, ghost stories and a bonfire. Reservations required by October 1. Tickets \$20; extra fees for dinner and wagon tour (304/420-4800; blennerhassettislandstatepark.com).



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NUTRITION

Beef Sirloin Steak with Baby Spinach

Prep: 20 min. Cook: 20 min. Makes: 4 servings

2 tbsp. olive oil	1/2 cup water
1 boneless beef sirloin steak, 3/4" thick (about 1 lb.), cut into 4 pieces	2 tbsp. balsamic vinegar
1 large onion, sliced	1 tbsp. chopped fresh rosemary leaves or 1 tsp. dried rosemary leaves, crushed
1 small red pepper, chopped	1 bag (about 7 oz.) fresh baby spinach
3 cloves garlic, minced	Hot mashed potatoes
1 can (10 3/4 oz.) Campbell's® Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)	

- Heat 1 tbsp. oil in a 12" skillet over medium-high heat. Add beef and cook until well browned on both sides. Remove beef from skillet. Pour off fat.
- Heat remaining oil in skillet. Add onion and pepper and cook 1 min., stirring occasionally. Add garlic and cook until vegetables are tender-crisp, stirring often.
- Stir soup, water, vinegar and rosemary in skillet and heat to a boil. Return beef to skillet. Reduce heat to medium. Stir in spinach. Cover and cook for 2 min. or until desired doneness. Serve beef and vegetable mixture with potatoes.





MIX & MATCH POT PIES

Under a blanket of golden crust, this one-dish meal packs enough comfort to warm any chilly fall day. Create your version of this classic by choosing your favorite ingredients and crust options to use in our basic recipe.

Cheddar-flecked pastry tops a filling of chicken, mushrooms, peas and carrots.

Assembling your pot pie

1 Prepare pastry for top crust using the recipe on the next page. Choose a baking dish or pan from the list at right. Turn baking dish(es) upside down on pastry; cut pastry 2 inches beyond top edge of large dish or 1 inch beyond top edge of individual dishes. Set pastry and dish(es) aside.

2 Prepare filling using ingredients on next page. In a large saucepan, cook onion, sliced vegetable and sweet pepper in hot butter for 4 to 5 minutes or until tender. Stir in flour, seasoning, salt and pepper. Add broth and a dairy choice all at once. Cook and stir until bubbly. Stir in your meat choice, frozen veggie and, if you like, parsley. Pour into baking dish(es).

3 Immediately place pastry topper over hot filling in dish. Using a sharp knife, cut slits in pastry to allow steam to escape, or, if you like, cut shapes in pastry before placing over filling. For shiny finish, brush pastry with a lightly beaten egg. If you like, place cutouts on pie top and brush with egg.

4 Bake the pot pie(s), uncovered, in a 400° oven for 30 to 35 minutes for large baking dish or 20 to 25 minutes for single-serving dishes or until crust is golden brown. Let stand 20 minutes for large dish and 10 minutes for single-serving dishes before serving. *Makes 6 servings.*

Nutrition facts per serving: 483 cal, 26 g fat, 141 mg chol, 704 mg sodium, 37 g carbo, 3 g fiber, 25 g pro.

Pick a dish

Choose from these options:

- 11x7x2-inch baking dish
- 8x8x2-inch baking dish
- 2-quart soufflé dish or casserole
- six 10- to 14-ounce au gratin dishes, ramekins, casserole dishes or 5¾-inch disposable foil pot pie pans



A little cornmeal adds color and texture to the topper for the beef filling with frozen mixed vegetables.

Topping your pot pie

Making the crust

In a medium bowl, stir together $1\frac{1}{2}$ cups all-purpose flour and $\frac{1}{2}$ teaspoon salt. (See substitutions listed below.) Using a pastry blender, cut in $\frac{1}{2}$ cup butter, shortening or butter-flavored shortening until the dough pieces are pea-size. Sprinkle 1 tablespoon cold water over part of the mixture; toss with a fork. Push moistened dough to side of bowl. Sprinkle an additional 3 to 4 tablespoons cold water over remaining flour mixture, 1 tablespoon at a time, tossing with a fork until all is moistened. Form dough into one ball for a deep-dish pot pie or six balls for individual pot pies.

Crust substitutions: Instead of using $1\frac{1}{2}$ cups all-purpose flour, use 1 cup all-purpose and $\frac{1}{2}$ cup yellow cornmeal or $\frac{1}{2}$ cup whole wheat. For a cheese-flecked crust, add $\frac{1}{4}$ cup finely shredded sharp cheddar cheese after butter is cut into mixture.

Using refrigerated piecrust

For a large pot pie, use half (one crust) of a 15-ounce package of rolled refrigerated unbaked piecrust. For six individual pot pies, use both crusts from the 15-ounce package. Let crust(s) stand at room temperature according to package directions. Using a sharp knife, cut slits in pastry to allow steam to escape, or, if you like, use a small cookie cutter to cut out shapes.

(Note: Purchased pastry isn't large enough to cover an 11x7x2-inch pan.) ■



Individual salmon and corn pot pies sport a whole wheat topper.

Ingredients for filling

Create your made-to-order pot pie by choosing from the ingredients below:



1 cup chopped onion or leeks



1 cup sliced vegetable

choose from celery; fresh mushrooms; or chopped, trimmed and cored fennel bulb

1 cup chopped sweet pepper

choose from green, red or yellow sweet pepper



2 tablespoons butter or margarine

$\frac{1}{4}$ cup all-purpose flour



Seasoning

choose from $\frac{3}{4}$ teaspoon dried and crushed thyme, oregano, rosemary or basil, or 1 teaspoon curry powder or poultry seasoning

$\frac{1}{4}$ teaspoon salt or garlic salt (omit this ingredient if using ham or deli chicken or turkey)

$\frac{1}{4}$ to $\frac{1}{2}$ teaspoon ground pepper

choose from black, white or cayenne

1 cup broth

choose from chicken, beef or vegetable

$\frac{3}{4}$ cup dairy

choose from half-and-half, light cream or whole milk

Cooked meat, potatoes or seafood

choose from $2\frac{1}{2}$ cups chicken, turkey, beef, pork, ham or potatoes; two 6-ounce cans crabmeat; one $12\frac{1}{2}$ -ounce can skinless, boneless salmon; or one $9\frac{1}{4}$ -ounce can tuna (water-pack)

1 cup frozen vegetables

choose from peas, baby sweet peas, peas and carrots, mixed vegetables, or whole kernel corn

$\frac{1}{4}$ cup snipped fresh parsley (optional)

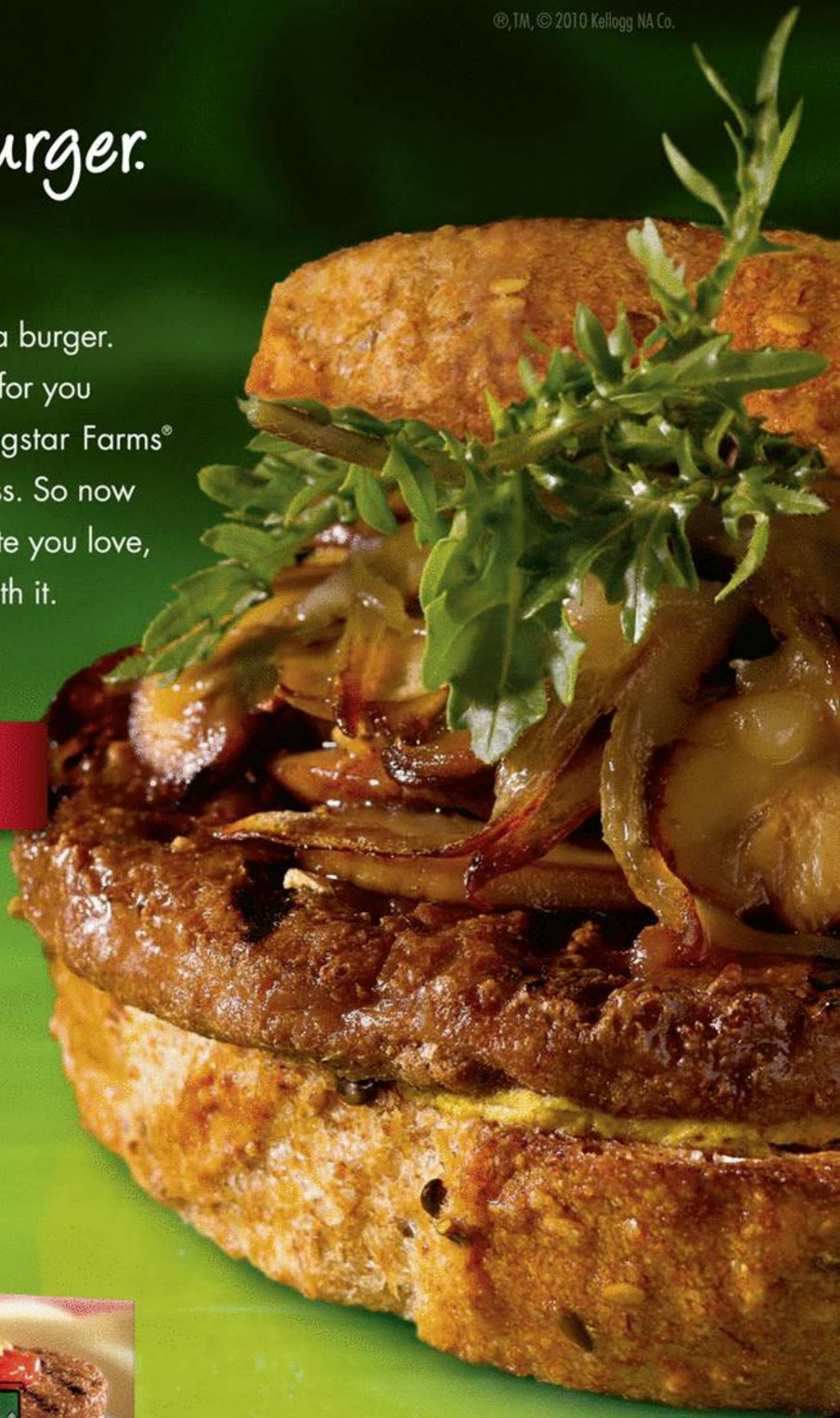
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FOOD



This row:
Red velvet cake,
chipotle powder,
chocolate frosting
and nut topper

Lemon
cake, amaretto
liqueur and
cream cheese
frosting with
sprinkles

Chocolate
cake with
Kahlua, chocolate
frosting and a
coffee bean
on top

Carrot
cake with
coconut-pecan
frosting and
walnut topper

Bite-size it

The candy-like tiny cakes (above) all come from a basic recipe (right) using a mix, frosting and candy coating. Customize to suit your tastes with extra flavor and toppings.

How to make them:

Start with any kind of 2-layer-size **cake mix**. Substitute 2 to 4 tablespoons **liquid flavoring** (liqueur, strong coffee or juice) for part of the liquid used to make the mix. Stir in 1 teaspoon **extract** (such as lemon, almond or peppermint) and/or 1 to 1½ teaspoons **ground spice** (try pie spice, chipotle powder or cinnamon). Bake according to cake mix; cool.

Crumble cake into mixing bowl; add a 16-ounce can of **frosting** (any flavor). Beat with electric mixer to combine. Use melon baller or cookie scoop to shape into 1-inch balls. Place on waxed-paper-lined

trays. Freeze 1 hour until firm. Melt 2 pounds chocolate- or vanilla-flavored **candy coating**. Use a fork or crafts (lollipop) stick to dip each ball into coating and cover completely. Place on waxed paper. Top with decorative sprinkles, nuts, or favorite topping; let set. Store, covered, 3 days at room temperature, 1 week in the refrigerator or 1 month in freezer. Makes about 70 cake bites. ■



CIDER RULES

Apple orchards draw us with a harvest of crisp fruit and, sometimes, cider pressed on-site. Here are three of our favorite destinations for fall's classic drink.

Arbor Day Farm's Apple House Market

NEBRASKA CITY, NEBRASKA Slurp apple cider slush at Pie Garden Cafe. Admission required to tour the farm (402/873-8710; arbordayfarm.org).

Sunrise Orchards

GAYS MILLS, WISCONSIN Stop for warm cider doughnuts at their bakery. Don't miss cider made from popular Honeycrisp apples (608/735-4645; sunriseapples.com).

Uncle John's Cider Mill

ST. JOHNS, MICHIGAN Grab a caramel apple, then watch them make fresh cider or stop in at the pie barn for a slice (989/224-3686; ujcidermill.com).



Bread blogger's tip:

When baking, I usually glaze bread with a slightly diluted egg yolk, so I wondered how it differed from using egg white. It turns out that loaves glazed with egg white are less shiny and not as dark. I prefer the egg yolk glaze results, which are shinier and more dramatic.

—Marie Wolf, Minneapolis attorney/public defender, who blogs about her baking adventures at breadbasketcase.blogspot.com

Reason to bake:
Claim to fame

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A photograph of a path lined with trees in autumn, with the title 'AUTUMN in the CITY' overlaid.

AUTUMN *in the* CITY

Brisk hikes on golden afternoons. Leisurely paddles on amber lakes. Fall foliage galore—all within minutes of historic neighborhoods, hip restaurants and bustling markets. Welcome to your perfect fall weekend in St. Louis, Minneapolis and Cleveland.

Trees line the
path to St. Louis'
Gateway Arch.



ST. LOUIS

Around here, autumn creeps in like a long, slow swig of sweet tea. More balmy than brisk, fall here is perfect for hopscotching between the city's historic green (and red and gold) spaces. You can theme a whole weekend around the idea of lazy strolls.

Once upon a time, Victorian belles walked through Lafayette Park under frilly parasols. At least it's fun to imagine they did. The prim, perfectly symmetrical park anchors Lafayette Square, a near-downtown neighborhood of elegant homes, including the opulent Park Avenue Mansion inn. A couple miles southwest, in larger Tower Grove Park, pumpkins tempt families at an intimate Saturday farmers market, where music plays and a free yoga class spreads out under the trees. Across the street, the Missouri Botanical Garden sprawls over 79 acres. Come early, and your only company might be amateur photographers or, if you're lucky, a fox drinking from the lily pond.

Drive a bit farther, and you hit Forest Park, about 15 minutes west of downtown. Home to several free attractions, including the zoo and art museum, it's both a cultural hub and a sort of vast, communal backyard. If you visit during the Great Forest Park Balloon Race (September 17–18), rent a pedal boat and watch the balloons drift through a cloudless fall sky from your floating perch in the Grand Basin.

(Below, from left) Lines at the Gateway Arch are shorter in fall. The namesake dessert at Baileys' Chocolate Bar layers cake and boozy buttercream. Ornate homes give Lafayette Square European flair. (Opposite) Larger than New York's Central Park, Forest Park offers both big-name attractions and pretty pathways.



TRIP GUIDE

For information, contact the St. Louis Convention and Visitors Commission (800/916-0040; explorestlouis.com).

What to do

Boathouse Forest Park's signature restaurant rents pedal boats and kayaks. (314/367-2224; boathouseforestpark.com).

Missouri Botanical Garden Most days the

gardens are peaceful, but the bustling Best of Missouri Market (October 2–3) features food vendors, plant sales and music. Admission charged (314/577-5100; mobot.org).

Saint Louis Art Museum Plan to bask on the lawn soaking in the magnificent view of Forest Park's Grand Basin. Free (314/721-0072; slam.org).

Saint Louis Zoo Lush landscaping makes this top-notch zoo good for wandering. Free (314/781-0900; stlzoo.org).

Tower Grove Farmers Market Buy a croissant, then kick back and listen to the music. Saturdays May–October (314/772-3899; tgmarket.org).

Where to eat
Atlas Restaurant Near Forest Park, Atlas serves

upscale fare, such as grilled pork chops with apples and grain mustard spaetzle (314/367-6800; atlasrestaurantstl.com).

Baileys' Chocolate Bar Lafayette Square's stylishly sexy dessert bar is perfect for a nightcap. Try chipotle-spiced hot chocolate (314/241-8100; baileyschocolatebar.com).

Sqwires Feast on beef tenderloin with cheddar

mashed potatoes, then settle in. The after-dinner mood at this brick-walled Lafayette Square spot is oh-so-mellow (314/865-3522; sqwires.com).

Where to stay

Park Avenue Mansion This plush B&B facing Lafayette Park has a big courtyard—and three parrots. From \$119 (314/588-9004; parkavenuemansion.com).



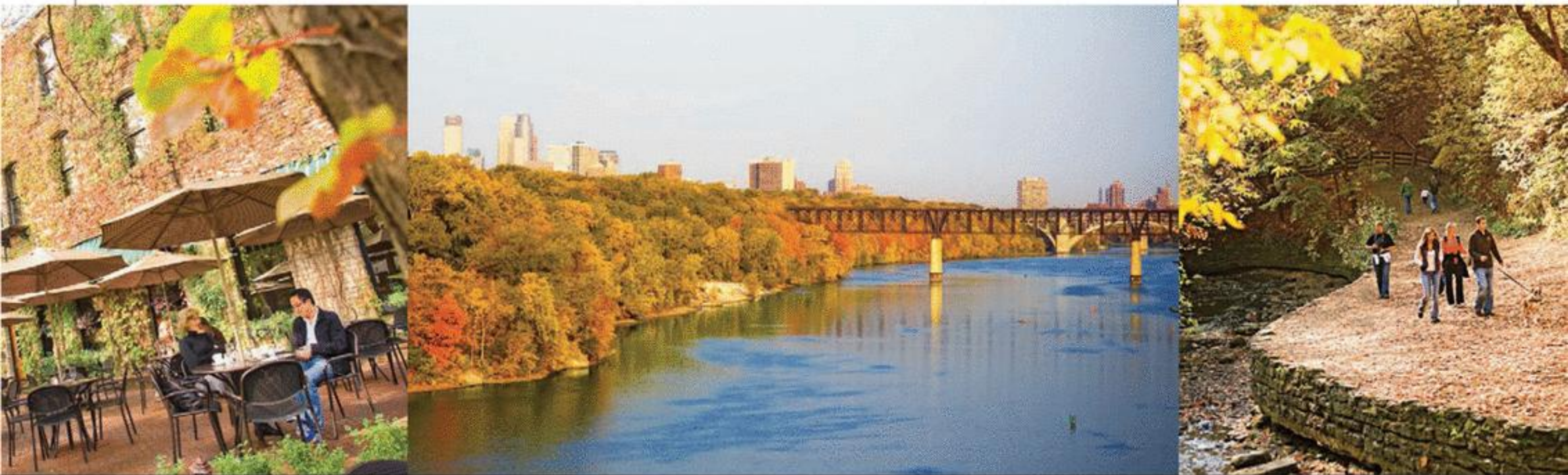
MINNEAPOLIS

Come fall, instinct draws many Minnesotans to the Grand Rounds National Scenic Byway in Minneapolis. The 55-mile loop follows the Mississippi River southeast from downtown before snaking back to the green spaces on the city's west side. Locals tend to visit separate segments of the route—a hike here, a bike ride there—so many never realize they're enjoying pieces of the country's only official urban scenic byway.

But seeing the route in small doses means you miss out on its continuous, magnetic beauty. The Mississippi, her banks trimmed in harvest colors, cuts through Minneapolis and Saint Paul. Huge parks, such as 759-acre Theodore Wirth, offer a total fall immersion. The byway's lakes have personalities as different as siblings—showy Calhoun, quiet Brownie, family-oriented Harriet.

In some places, the skyline glimmers alluringly above the treetops, but that distance is an illusion. Minneapolis and Saint Paul are right there when you need them. Hike to a waterfall in Minnehaha Park, then try fried oysters at Sea Salt Eatery. Walk your dog at Lake Harriet, then browse kids' books at Wild Rumpus. Settle in for dinner around the fire pit at W.A. Frost in Saint Paul, then reminisce about how you took one of Minnesota's prettiest fall drives without ever leaving the metro.

(Below, from left) In Saint Paul's Cathedral Hill district, restaurant W.A. Frost specializes in artisan cheese plates. Fall color arrives as early as September along the Mississippi River in the Twin Cities. Hikers stroll at Minnehaha Park. (Opposite) Bicyclists zip along the Grand Rounds National Scenic Byway.



TRIP GUIDE

For information, contact Meet Minneapolis (888/676-6757; minneapolis.org).

What to do

Grand Rounds National Scenic Byway (612/230-6400; minneapolis.org/grandrounds).

Eloise Butler Wildflower Garden and Bird Sanctuary The country's oldest public wildflower

garden is in Theodore Wirth Regional Park (612/370-4903; minneapolis.org).

Erik's Bike and Boards

A few blocks from the byway, this shop in the University of Minnesota's Dinkytown neighborhood has bike rentals (612/617-8002; eriksbikeshop.com).

Wheel Fun Rentals Rent canoes and kayaks on

Lake Calhoun. Open weekends in September and early October (877/273-2453; wheelfunrentals.com).

Where to eat

Mel O Glaze Bakery

Apple fritters are a fall favorite at this family bakery off Minnehaha Parkway (612/729-9316; meloglaze.com).

Sea Salt Eatery Steps from the Minnehaha Falls

overlook, this indoor-outdoor spot serves fresh seafood and adult beverages. Open April–October (612/721-8990; seasalteaery.com).

The Strip Club Meat

and Fish The Saint Paul neighborhood is a little dodgy, but the grass-fed beef, seasonal sides and fab downtown view are anything but (651/793-6247; domeats.com).

W.A. Frost and Company

This Saint Paul classic serves high-end fare—and wallet-friendly sandwiches (651/224-5715; wafrost.com).

Where to stay

Covington Inn All rooms have fireplaces and deck access on this docked Mississippi River towboat in Saint Paul. From \$150 (651/292-1411; covingtoninn.com).



CLEVELAND

To understand Cuyahoga Valley National Park's appeal, pull out an area map. First, look for a squiggly green ring around Cleveland. That's the Emerald Necklace, a chain of regional parks. Now find a green curl hanging off the necklace like a huge pendant. That's Cuyahoga Valley National Park, a 33,000-acre preserve located just 20 minutes from downtown. Here in Cleveland, you can have your nature—and your city, too.

About 4 million people live within a half-hour of Cuyahoga, but the park absorbs crowds well. Where mules once pulled barges, walkers and bicyclists now stream along the 20-mile Ohio and Erie Canal Towpath Trail. More ambitious hikers choose from an additional 100 miles of trails. Families tour a 19th-century living history museum, and the Cuyahoga Valley Scenic Railroad chugs past heron and bald eagle nests.

Cleveland, meanwhile, is the bustling yin to Cuyahoga's pastoral yang, the two worlds linked by the winding Cuyahoga River (and Interstate-77). Spend a day immersed in fall color, then zip back for big-city pleasures: bacon-wrapped pheasant at Light Bistro, an overnight at the historic J. Palen House, an orchestra performance in Severance Hall. Funky neighborhoods like Ohio City and Tremont feel a universe away from Cuyahoga's rocky gorges—but the dirt on your shoes proves they're not.

(Below, from left)
Cleveland's West Side Market is open year-round. Great Lakes Brewing Company's Oktoberfest amber lager has a hearty malt flavor. Everett Road Covered Bridge is in Cuyahoga Valley National Park. (Opposite) Brandywine Falls tumbles 60 feet in the national park.

For ideas about great Midwest shopping cities visit midwestliving.com/shopcity.



TRIP GUIDE

For information, contact *Positively Cleveland* (800/321-1001; positivelycleveland.com).

What to do

Cuyahoga Valley National Park In the autumn, the Cuyahoga Valley Scenic Railway offers ghost train rides. Free; admission charged for the train (330/657-2752; nps.gov/cuva).

Cleveland Metroparks

The Emerald Necklace is Cleveland's regional park system. Hike at Tinker's Creek Gorge or paddle the Rocky River. Free; admission for some activities (216/635-3200; cleve-landmetroparks.com).

Lake View Cemetery

The landscaping alone warrants a visit, but history buffs shouldn't miss President Garfield's

impressive tomb and monument. The cemetery is near University Circle, home to many of the city's museums. Free (216/421-2665; lakeviewcemetery.com).

Where to eat

Great Lakes Brewing Company For nightlife, sample seasonal craft brews in the beer garden (216/771-4404; www.greatlakesbrewing.com).

Light Bistro In Ohio City, a long list of tapas and entrees incorporate local ingredients in surprising ways, such as combining Ohio peas and prosciutto (216/771-7130; lightbistro.com).

West Side Market

Cleveland's ethnic heritage comes to vivid life in hip Ohio City. Try a pumpkin cupcake from Grandma Freida's or

kielbasa from Chuchraj Meats (216/664-3387; westsidemarket.com).

Where to stay

J. Palen House This 150-year-old Ohio City bed-and-breakfast blends Victorian style with modern amenities: flat-screen TVs, updated bathrooms and a gourmet breakfast. From \$129 (216/664-0813; jpalenhouse.com). ■

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Each September, the nation's biggest cranberry crop rises in central Wisconsin's marshes—and a flood of travelers shows up to celebrate the culture and cuisine focused on the tart star of the show.

CRANBERRY ROAD



Not Your
Ordinary Brie.
Recipes begin on page 98.

CRANBERRY ROAD

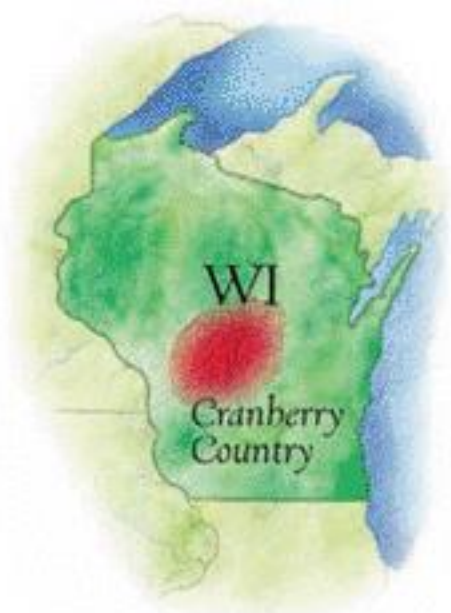
As we bump down the sandy trail in Mary Brazeau Brown's pickup, we startle a sandhill crane. The gangly bird lifts slowly on its 6-foot wingspan, with a rattling squawk and a flash of the crimson patch on its head—a red mimicked by the autumn cranberries nestled in the marsh below.

The berry's name actually derives from "craneberry," not because of the color but due to the cranberry flower's resemblance to a crane's head and bill. When Mary, third-generation owner of the Glacial Lake Cranberries marsh 15 miles west of Wisconsin Rapids in central Wisconsin, sees a crane in her crop, she reacts nothing like a farmer shooing crows from the corn. She likes having the cranes around. "They eat the grubs and bugs that eat cranberry roots," she says.

This is good country for cranes and cranberries. I'm in the land of Aldo Leopold's *A Sand County Almanac*, the former bottom of a glacial lake. Flat, sandy, acidic, it's a cranberry paradise. This Wisconsin region yields half the U.S. berry crop. And during autumn's harvest, highways full of Midwesterners gather like flocks of migratory cranes to tour marshes and feast on foods using the tart berry.

Cranberry farming started here in the mid 1800s, when loggers discovered wild cranberries in the underbrush. An industry was born, pitting Midwest growers against those in New England. In 1880, Mary's grandfather, T.W. Brazeau, rode the train to these marshes to pick berries, eventually founding his own company.

We reach a flooded cranberry bed where Mary's son, Stephen, directs men and machinery for the harvest. Stephen wears rubber waders and moves through a hip-deep floating mat of shiny red marbles. The beds of vines are filled with water during fall, when cranberries are plump and ready to pick. A machine resembling a riding lawn mower with monster-truck tires and a giant eggbeater on the front drives through, churning the water and knocking berries off vines below. Thanks to four tiny air pockets in each berry, cranberries float to the surface. Two tractors



(Opposite, from left) Cranberry-Stuffed Pork Chops. The 2009 cranberry queen, Tomah's Catherine Rung, won her crown in part due to the cranberry meatballs she entered in the food demo. A white chocolate glaze tops Almond Cranberry Bread.



Don't call Mary's marsh a "bog." I uttered the b-word ("So, how many berries do you grow in this bog?"), and Mary's eyes met mine with a wincing glare. "About 70,000 barrels. But don't you call my marsh a bog," she says. Turns out "bog" is the term for New England cranberry farms.

drag a boom across the flooded bed, herding berries toward men who rake them into a vacuum hose, which deposits the berries into a dump truck that carts them away for washing and shipping.

Find a hard-working farm, and you'll likely find equally earnest cooks nearby who wield gastronomic wizardry with that produce. Eager to try their work, I drive 40 miles to Warrens for the 37th annual Cranberry Festival. It's one of six small-town harvest-time cranberry fairs held in Wisconsin, but Warrens' is by far the granddaddy. Celebrated in late September, the festival inflates Warrens' population from 300 to more than 100,000. An hour ago, I stood in a marsh



CRANBERRY ROAD



In a glassy reservoir, a pair of snow-white trumpeter swans paddle by with two cygnets in tow. Bears, wolves, bald eagles and badgers all live on Mary's cranberry marsh, too. And her family has counted nesting loons for the past 36 years.



(Opposite) Sweet almond frosting offsets the tang of the berries in Cranberry Country Scones. (Far left) Channeling the spirit of the berry at Warrens' Cranberry Festival. (Right) Cranberry-Apple Sweet Potatoes.



CRANBERRY ROAD

with ducks splashing and leaves rustling loose from trees, but here I jostle for space in a human river of commerce at the bustling bazaar.

I'm in the market for food and find it at a booth selling cranberries jubilee—fried cranberries coating a wedge of vanilla ice cream for a dollar. I indulge in this tart-sweet creamy pleasure, then head to the town center where a row of vendors sells cranberries in every form imaginable: fist-size cranberry cream puffs, chocolate-covered cranberries, cranberry cheddar cheese and more. I plunk down \$4 at Squire's Corn Dogs for cranberries-on-a-stick—battered, fried and rolled in cinnamon-sugar.

Ready for a break from snacking, I step inside the Wisconsin Cranberry Discovery Center, the town's year-round cranberry museum. I learn that cranberries contribute \$350 million to the Wisconsin economy each year, and Menominee Indians picked cranberries and sweetened them with honey or maple sugar. I settle on a stool in the ice cream parlor upstairs to resume eating with tart, butter-crust cranberry pie topped with cranberry ice cream and served with cranberry coffee.

As I savor my coffee, I get a hot tip from the guy next to me: "Head over to the machine shed to see something you won't see anywhere else." There I behold the blue-ribbon champion of the Biggest Cranberry of Show contest. It's a cranberry the size of...well, a very large grape, about 6 grams. That's huge for cranberries.

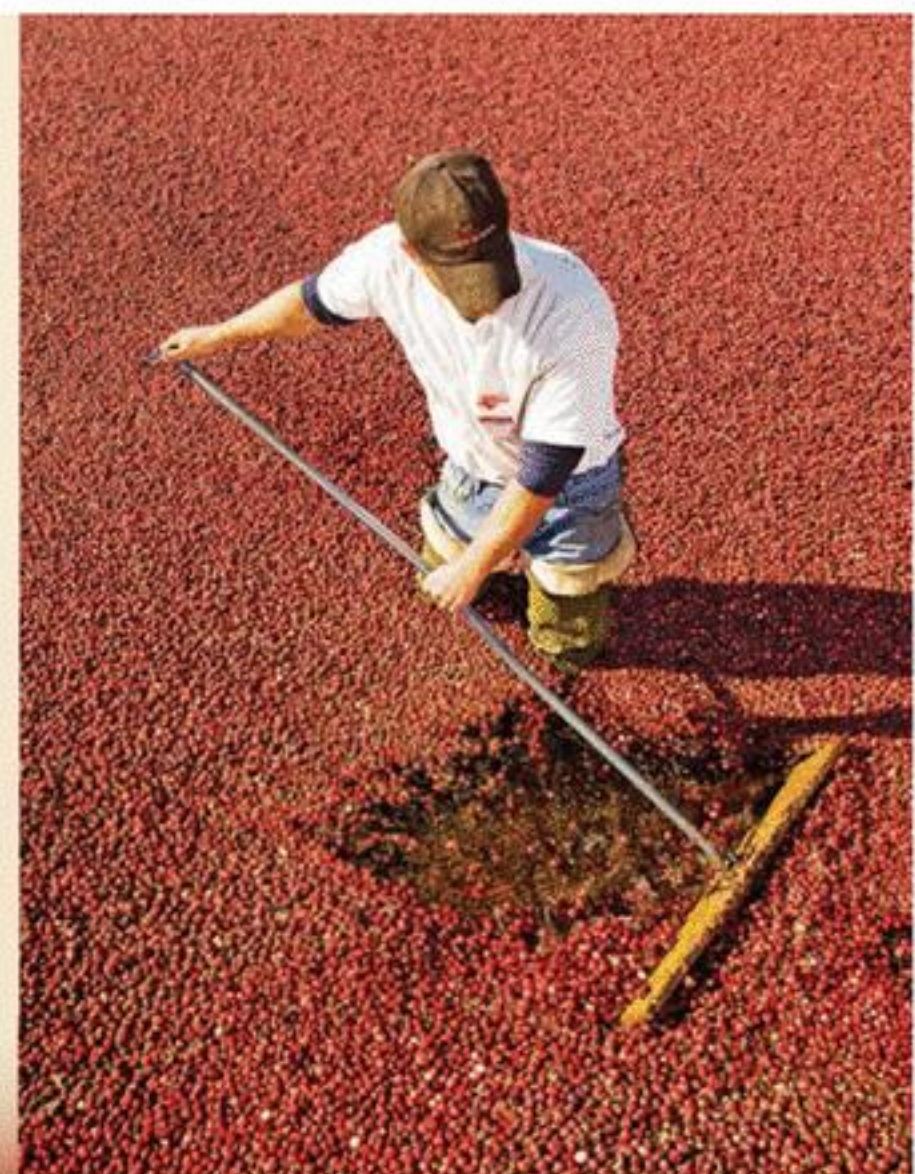
The next morning, I follow flat roads along the 29-mile Cranberry Biking Trail, passing wildlife areas and cranberry farms. A thick fog transforms marshes into ethereal misty moors as staccato crane bugles echo in the stillness. I recall Mary telling me that cranes eat the bugs but never touch the berries. Couldn't they use the nutritious kick of a cranberry for their 1,000-mile migration? As for me, I head back into town for the all-you-can-eat breakfast in the St. Andrew's Catholic Church basement—sausages and hotcakes, served with cranberry syrup, of course. ■

For recipes and trip guide, turn to page 98.

(Below) Cranberry Layer Cake with cream cheese frosting won the cranberry recipe contest (recipes begin on page 98), while a 6-gram monster took the Biggest Cranberry of Show title (*below center*).



For more delicious cranberry recipes, visit midwestliving.com/cranberries.





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Conversation (the good kind, with inside jokes and no interruptions) comes easily on the road. Just ask the women who share their favorite Midwest getaways here—then call a friend and say, “Let’s go!”

Girl Talk



G I R L T A L K

Readers say:

“My sorority sisters have an annual Mystery Trip. All we know is the time to meet, what to wear and how much money to bring. I planned our trip to Fort Scott, Kansas. We rode the trolleys, saw the historical sites and had lunch at one of the B&Bs. We even had to dress in long pearls and gloves!”

—Janet Sherman, Overland Park, Kansas

Cabin fever

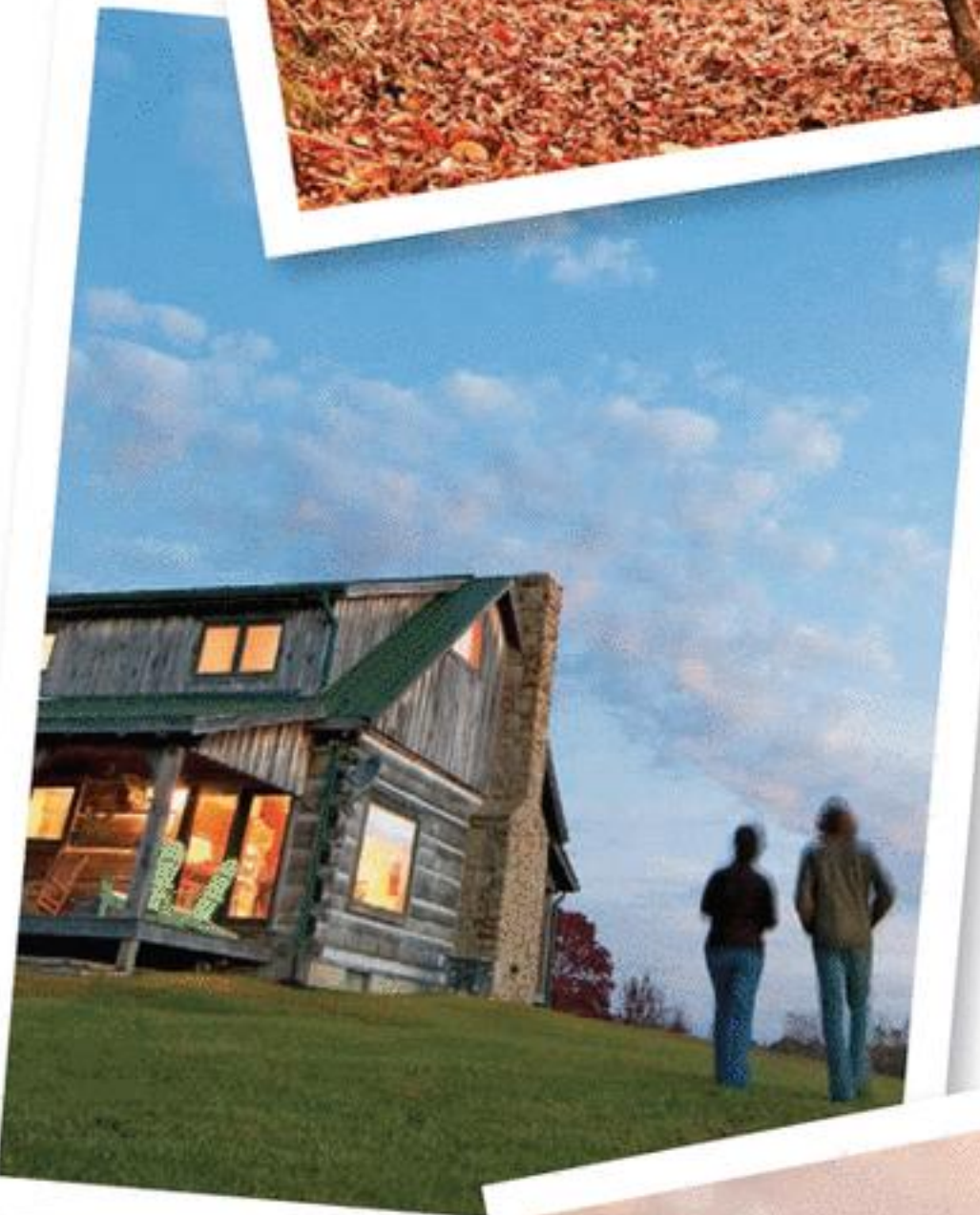
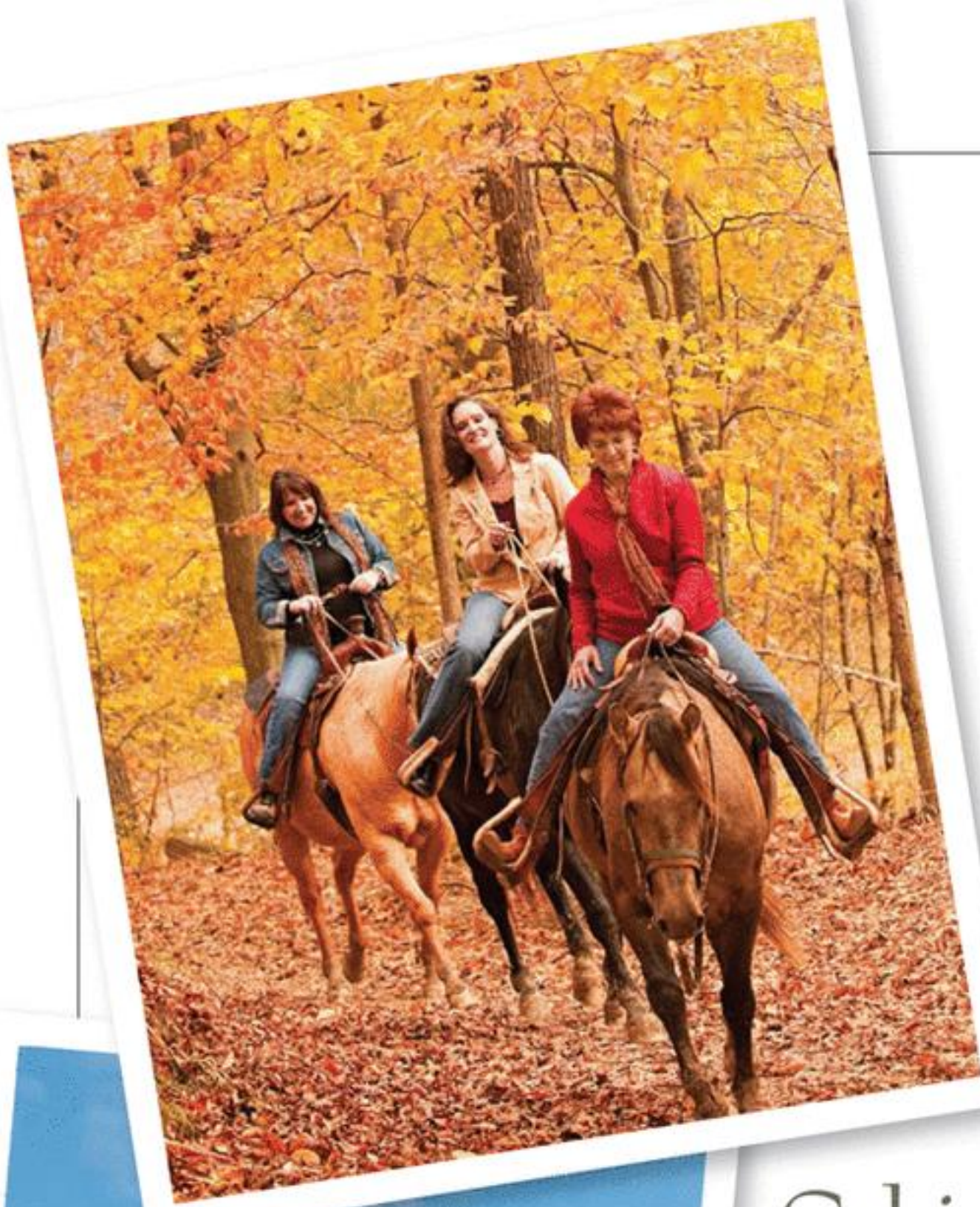
My sister Wendy had been anxious about this horseback trip, but being in Brown County State Park has a way of sapping the nerves right out of you. I turn back to see her smiling on a docile mare. Ahead, my longtime friends Debi and Lori chat. And me? I'm just feeling blissful, out on a gorgeous fall day with my best gal pals in one of the prettiest spots in Indiana.

Of course, when I suggested this trip, I'd forgotten how horseback riding makes you feel afterward. (*Saddle sore* takes on new meaning with middle age!) Thank goodness for the outdoor hot tub at our cabin, a short drive from the park. Just as I'm settling into the steam, Wendy tries to call her boys and looks stunned. “No cell service.”

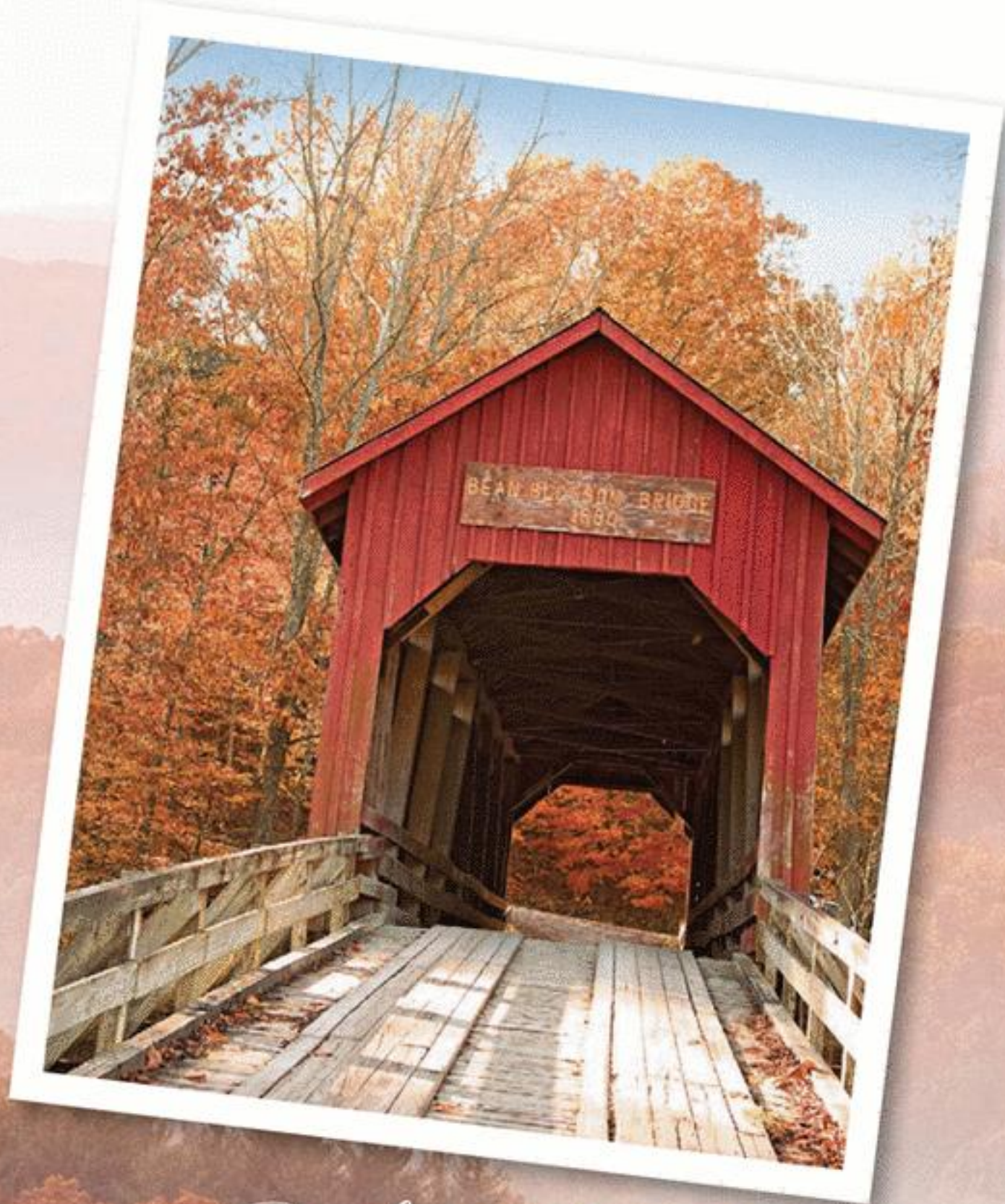
First, we panic. Then we laugh. The real world suddenly feels even farther away. Like girls at a slumber party, we go from sleepy to silly in an instant, spilling our deepest secrets. Lori's is the real jaw-dropper. Usually the picture of a professional businesswoman, she stands up dripping and exposes a tiny flower tattoo on her rear. Only the deer are around to hear the howling.

The next day, I spot an old-time photo studio among the antiques stores and crafts studios in nearby downtown Nashville. Before anyone can object, I have the whole crew inside trussed up in corsets like saloon girls. No texts, no tweets, just us. Four friends preserved in sepia—muscle aches, tattoos and all.

WRITER TRACEY TEO • PHOTOGRAPHER JOHN NOLTNER



Three companies in Brown County, Indiana, offer trail rides. Bittersweet Farm Cabin sleeps eight. (Opposite) Two prime places to see Brown County's fall foliage: Bean Blossom Covered Bridge and vast Brown County State Park.



Readers say:

“My friends go to Lake Geneva, Wisconsin.
This year, we all turned 70 (ouch).
The first time, we were in high school. You do
the math! Great town, beautiful shops—
and we love each other's company.”

Terry Wuich, Des Plaines, Illinois

Raising a glass

Rachel's smelly feet start my sisters, Laura and Nancy, and me giggling.

"Oh fine!" my niece says, and she puts her shoes back on. Still, laughter peals through the car all the way to Worthington, Ohio, a historic suburb just north of downtown Colum-

bus. We stop first at the Candle Lab, where scent experts help us choose among 120 mix-and-match fragrances for our own candle concoctions. Some of the scents available are strangely nostalgic—Tomato Leaf, Basil and Summer Lawn trigger backyard memories. We open and close jars, guessing who will like what. My sisters lean toward florals, but I'm distinctly in the herb camp.

While our candles set, we window-shop. Laura, Nancy and Rachel kindly indulge my pregnancy-induced nesting instinct and go gaga over the baby clothes in Fritzzy Jacobs. But then they have all the fun (while I show admirable restraint) at the cool automated tasting bar at House Wine. Rachel insists on showing the bartender her newly minted over-21 driver's license. Have two decades really passed since she was the new baby in the family?

Reluctant to pile back in the car, we make a final stop at the Worthington Inn restaurant. A jazz trio plays, and over a divine chocolate torte, we reminisce about our family's difficult year. Our brother passed away a few months ago. It's been a while since I laughed until my stomach actually hurt. I didn't know I needed it so much.

WRITER JUDI KETTELER • PHOTOGRAPHER RANDALL LEE SCHIEBER



(From top) In Worthington, Ohio, House Wine has a small patio for sipping. La Chatelaine serves French food. Customers at Candle Lab. (Opposite) Shoppers love Worthington's boutique-filled streets.



Readers say:
 “My mom and I loved taking day trips to the Amana Colonies in Iowa. I can see all the stores in my memory, though their names escape me now. Our noon mainstay was rhubarb pie, and our last stop was the meat market to buy summer sausage for my husband and cheese for my dad. Mom is gone now, but thinking of the Amanas brings happy tears to my eyes.”

-Kay Porter Westendorf,
 Fort Worth, Texas



Readers say:

“My friends and I hike in northern Minnesota. We love the lack of mosquitoes and black flies, the fall colors and Lake Superior in all its moods.”

*-Barbara Goetzelman,
Antioch, Illinois*

Tending the family tree

Three generations of women spread out in the grassy rows at Crane Orchards in Fennville, Michigan. Near the Golden Delicious, my daughter Sarah recounts last weekend's tailgating party. Amid

the Empires, my sister Traci talks about settling into her new apartment. In the Cortlands, I tell my mom about an upcoming marathon. Suddenly, my sister Julie bursts into laughter. A half-eaten apple still hangs on a tree. We laugh hysterically for no real reason—and that just makes us laugh more.

If you'd asked, I'd have said it was impossible to get us all together, but all it took was suggesting a place and a time. Apple picking. Crane's. Sunday. And everyone's commitments magically disappeared. First my sisters signed on. Then my mom and daughter. But I drew the line when my niece asked if she could bring her boyfriend. No boys allowed.

Baskets full (but conversation still flowing), we head back to my place. I pull out my stained copy of *Eet Smakelijk*, the Dutch cookbook that's in just about every kitchen in Holland, Michigan. (The title translates to bon appetit.) It falls open naturally to Dutch Apple Pie, a family tradition, the pie our grandma always made. We pour wine and start slicing, already wondering where to go next. ■

WRITER AMY ECKERT • PHOTOGRAPHER KATHRYN GAMBLE

To plan your trip, see page 103.

Readers say:

“My daughter and I have gone to Madison, Indiana, since she was in first grade. We stay at Clifty Falls State Park and shop, hike and play board games. I've watched her graduate from juice boxes to fine wines, all while watching paddle wheelers float by on the Ohio River.”

-Cindy DiBiase,
Lawrenceburg, Indiana

If you want lunch at Crane's Pie Pantry (the Fennville, Michigan, orchard's popular restaurant), put your name on the hostess list before you pick apples. Or, on weekends, you can order pie at the window to eat alfresco at the picnic tables.



Readers say:

Beginning in 1984 and going strong ever since, my girlfriends and I go to Chicago before Thanksgiving to shop for Christmas presents, eat at wonderful restaurants and see the lights of the season. Not all of us have gone every year, but most of us haven't missed more than a couple. We have shared happiness (marriage, babies, retirement) and sorrow (one dear friend died of cancer). And now we're planning for this year.

-Ann Siegfried, Huntington, Indiana



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MIDWEST LIVING® 2010 IDEA HOME

Natural STYLE

What's smarter than great design that cuts your energy costs and helps the environment? When the Chicago Museum of Science and Industry invited us to redesign the interior of their award-winning *Smart Home*, we made real-world, responsible choices that can make your house look great and run more efficiently, too.



◀ Look for these circles throughout the story. They call out some of the recycled, organic and energy-saving materials that we selected for use in the *Smart Home* (right).



Architect Michelle Kaufmann thinks our houses have a lot of catching up to do. "While we have the most up-to-date flat-panel TVs, computers, and cell phones and technology that seems to change daily, the basic way most homes are built hasn't changed much in more than 170 years," says Michelle, the designer chosen by the Chicago Museum of Science and Industry to work on its *Smart Home*. In 1933, on the *Smart Home* site, the Century of Progress World's Fair had an exhibit titled "Homes of Tomorrow" featuring precursors to today's prefabricated houses and solar heating. Have we really moved so slowly in the past 77 years? The museum conceived its 2,100-square-foot *Smart Home* as an ever-evolving exhibit to teach us all how to move a little faster.

The museum's vision for the home included fitting it onto a narrow Chicago lot and using modular construction to demonstrate the newest and best environmental practices and products. In the past two years, more than 250,000 visitors have toured "Chicago's greenest home" to learn about its innovations for living responsibly and safeguarding the environment (see "A Very Smart Home," page 75, for details).

This year, the museum invited *Midwest Living* to update the home's interior design. We eagerly took on the project with the goals of highlighting our fragile environment and giving you practical ideas for preserving natural resources when you're decorating, remodeling or building a home.





LIVING ROOM

The Earth inspired our redesign. Objects, images, forms, textures, materials and colors that relate to nature formed our design plan.

PAINT We selected our color palette from Natura, a new zero-VOC (causing no indoor air pollution or fumes) paint available in thousands of hues from Benjamin Moore. Colors on the main level replicate earthy browns, mineral grays and stone neutrals. Upstairs, we selected

hues that echo the greens of treetops and blues of the sky seen from the windows.

FURNISHINGS We used low-impact furniture from Lee Industries constructed with frames of FSC- and SFI-certified wood (sustainably harvested timber), recycled steel springs, soy-base cushions and organic or natural fabrics.

ACCESSORIES Tall wall art in the living room represents life-size images of threatened

Midwest prairie species. A plush area rug made of 100-percent felted wool adds texture. In the foyer (left), photos show the beauty of fall leaves. A series of similar nature prints are in most rooms.

FIREPLACE Portable and ventless, this efficient unit runs on denatured alcohol instead of gas.

▲ A Chicago artist built a stylish modern coffee table using wood from a centuries-old burr oak that fell on the museum grounds during a storm.

► A floor lamp fashioned from driftwood uses a GE Sunshine CFL (compact fluorescent lightbulb) that uses 75 percent less energy than an incandescent.

◀ Recycled scraps of cotton create a spaghetti look on this shaggy accent pillow.





◀ Wood salvaged from old teardowns was turned into the modern table/bench (above) and finished with non-toxic water- and soy-base finishes.

DINING ROOM

A vaulted ceiling crowns the airy main-level dining area and open stairway (right and below). Thanks to skylights and 12-foot-wide accordion-glass deck doors, sun and breezes help heat and cool this area.

LIGHTING Sculptural chandeliers handcrafted from hickory branches and twigs and painted with low-VOC paints are the dramatic equal of any crystal or brass version. They harmonize nicely with the other natural

colors and elements in this space.

FLOORING The stone floor offers durability, plus it contributes to a healthful indoor environment because it cleans easily and doesn't harbor mold, dirt or allergens, unlike wall-to-wall carpeting.

ACCENTS We chose to focus on the Earth's beauty by accessorizing with natural objects such as a large driftwood bowl, salvaged twisted tree roots, sparkling rock geodes and sculptural willow branches.

Reuse/Reclaim

Before buying new, consider giving a second life to existing materials, such as vintage furniture, salvaged building materials or wood from downed trees.





► Concrete (made from natural sand, gravel and water) pairs with more wood from the downed tree to form a unique and beautiful tabletop.

A very smart home

Michelle Kaufmann, the Smart Home architect, demonstrates sustainability and environmental consciousness when designing homes. Here are eight guidelines utilized in the Smart Home:

CONSTRUCTION SAVINGS The house was built as modules in a factory and assembled on the museum grounds. Building in a controlled indoor environment reduces wasted materials and speeds construction because weather isn't an issue. That translates into saved energy and resources.

NATURAL ENERGY A green roof covered in plants helps cool in summer, retain heat in winter, absorb rainwater and—working in conjunction with permeable pavers on the driveway and paths—minimize runoff. A rooftop set of photovoltaic (PV) film panels and a wind turbine on the property harness the sun and Chicago's famous wind to generate much of the home's electricity.

WATER SENSE Low-flow showerheads and dual-flush toilets conserve water. Collected rainwater and gray water (rinse water from the clothes washer, sinks and showers) are used to water landscaping and flush toilets.

WINDOWS/DOORS/SKYLIGHTS

Strategically placed, energy-efficient versions add natural lighting and ventilation, minimizing the need for artificial light or air-conditioning. Dual-panel, low-E glass reduces leaking of heated or cooled air by 10–25 percent. Motorized, insulated window shades offer additional heat and light control.

LIGHTING For limited light sources in the home, LEDs (in our ceiling cans) last up to 50,000 hours. More common-use CFLs last 10,000 hours (in our lamps and pendants), handily beating incandescents (1,200 hours).

HEATING/COOLING A high-velocity air handler and system of narrow insulated ducts mean air flows from vents faster, which decreases time to heat and cool rooms.

INSULATION A spray-in formula reduces energy consumption by up to 50 percent compared to roll-in insulation.

EXTERIOR SIDING

Long lasting FSC-certified ipe wood and integral-color cement board panels require minimal maintenance. The wood weathers, and color is infused in the cement.



KITCHEN

This open space (left and below) efficiently serves the daily needs of two empty nesters, as well as social gatherings of friends and family.

CABINETS Oak veneer, placed horizontally and stained espresso brown, covers the cabinets' particleboard substrate for a contemporary look. The wood is FSC-certified, the sealant uses no VOCs, and the particleboard is formaldehyde-free.

COUNTERTOPS Manufactured in Chicago

from locally recycled glass, these counters attractively reuse discarded materials. Buying locally made products saves a bundle on transportation energy costs. We picked a color that mimics the stone floor for visual continuity.

APPLIANCES We chose Bosch appliances, a partner with the U.S. Department of Energy for two years. The cooktop uses a magnetic process to create heat in a pan (rather than from a source under the pan), using less energy and

immediately cooling when turned off. The oven's speed convection cuts cooking time by 30 percent. The refrigerator offers energy and vacation modes for conservation. The dishwasher rates as the quietest and most energy-efficient model on the market.

LIGHTING Windows along the backsplash offer natural task lighting on most days, reducing undercounter lighting usage. The island pendants use GE Energy Smart Cool White CFLs.



This jointed Karbon faucet (below) from Kohler not only has the flexibility of a gymnast, but its aerator saves water.



▲ The side chair's tonal gray weather-resistant resin weave is 100 percent recyclable.

► The kitchen counter uses 85 percent recycled material, mostly repurposed glass discarded in Chicago.

▼ Cut twig pieces line the outside of a pedestal bowl on the rolling cart.



LOUNGE

This informal entertainment area (above) adjoins the kitchen. A 12-foot expanse of glass doors opens to a patio between house and garage. When the doors are open, cross breezes cool the space.

TV/ENERGY

MONITOR Our Energy Star-compliant flat-screen TV is equipped with a real-time, whole-house energy tracker that identifies high or low usage periods of heat and electricity, offering an opportunity to control costs. It also tracks energy (stored and used) supplied by the solar roof panels and wind turbine.

SEATING Chairs instead of a sofa offer flexibility for entertaining guests or just watching TV. Under

the TV, a built-in bench with storage is made of the same materials as the kitchen cabinets. Pillows of silk, linen, cotton and Mongolian lambskin offer natural style and comfort. A rolling cart (made of sustainably harvested oak with no paints or solvents used in the finish) works to store overflow from the kitchen and easily rolls onto the patio for outdoor parties.

ACCESSORIES We chose recycled glassware, bamboo plates and trays, and natural woven baskets for utility. Additional decorative details include a woven sisal rug, collected stones in glass vases and a papier-mâché "plant" made from recycled cement bags.

Energy Star products matter

In 2009, they saved Americans nearly \$17 billion on their utility bills.





MASTER BEDROOM

Clutter-free, this simple retreat offers a calming and organic ambience with soft green walls that match the treetops seen out the windows.

BED The large burr oak tree that fell on the museum's grounds provided wood for the custom, free-flowing wall-hung headboard. The contemporary platform bed is made of bamboo (renewable bamboo grows quickly—90 feet or more in one year) and is paired with a natural rubber latex mattress.

ACCESSORIES Our organic cotton sheets are a sustainable textile certified by the Global Organic Textile Standard (GOTS). Brown accent pillows are an organic cotton knit. Organically grown sustainable materials, such as cotton or wool (as opposed to manufactured fabrics), are gentler on the planet. Driftwood pieces were configured into a side table. Square 18-inch carpet tiles of 100 percent renewable wool, which has not been dyed or treated, form a soft, custom-size bedside rug.



▲ Our bed coverlet is pure silk with cotton fill.

◀ The master bath's custom sinks are made of concrete and an aggregate of recycled toilet porcelain.

MASTER BATHROOM

Designed for two, the main bath offers individual sinks and vanity mirrors, a handy ledge and a walk-in shower (not seen).

WATER SAVINGS

A dual-flush toilet from Kohler has a two-button actuator that offers .8- or 1.6-gallon options, saving as much as 25,000 gallons of water per year over traditional toilets. The low-flow

showerhead cuts water consumption by 30 percent.

MATERIALS The shower's glass tiles are made from recycled wine bottles and automobile windshields. The marble floor tiles were salvaged from the Chicago Wrigley Building renovation done in the early '90s. Look for great reusable finds like this at architectural salvage sites. Real dried magnolia leaves decorate the wallpaper.



Conserve water Just turning off the water when you brush your teeth saves around 4 gallons per person, every time.



PLAYROOM

Designed for grandkids, this play space (left) uses endangered/protected species (polar bears and seal pups) on wall murals to bring attention to global warming.

FURNISHINGS The project table, made from formaldehyde-free FSC-certified birch finished with nontoxic paint, offers a safe environment for creative play. A mock tree "trunk" lamp is made from papier-mâché and painted with low-VOC paints. A GE Cool White CFL bulb enhances the room's blues and grays.



▲ Playroom furniture uses sustainable bamboo and eco-friendly nontoxic paint.

► The Rainforest Alliance certified this desktop, which is made from 100 percent post-consumer recycled standard office paper.

▼ Rolled newspapers form this handy storage container that tucks under the desk.

HOME OFFICE

Outfitted for a small home business, this environmentally friendly second-floor bedroom includes a roomy balcony overlooking the garage's green roof garden.

FURNISHINGS A corner desk (right) has a steel base (a recyclable material) and a desktop made from recycled office paper. It offers workspace and flexibility when paired with two rolling file cabinets made in North Dakota using local sustainable materials. The desk chair uses components safe to human and environmental health, and it disassembles in five minutes with common tools for easy recycling. Storage baskets made

from eco-friendly water hyacinth and recycled chipboard are a green alternative.

A good way to recycle is to reuse antique furniture or remake less-than-perfect finds from local resale and antique shops and incorporate them into your decor. A vintage metal barrister's cabinet provides storage for books, files and more. A cotton-covered bulletin board helps keep things organized.

TECHNOLOGY Our state-of-the-art computer and all-in-one Energy Star printer/fax unit connect to a Smart Tower power source that automatically powers down outlets when not in use, reducing standby power by up to 85 percent.

Recycle The recycling of one aluminum can saves enough energy to power a TV for three hours; one glass bottle powers a lightbulb for four.



◀ Native plants, like this *Heuchera*, require less care than nonnatives.

▼ Reservoirs in Lechuza self-irrigating planters monitor watering needs, aiding conservation.

OUTDOOR SPACES

From the ground up, the Smart Home's landscape has an eco-friendly focus.

WATER CONTROL

Permeable pavement, rain gardens and bioswales (shallow depressions in the

ground) ease run-off into surrounding streams and lakes and enable slow, healthy water absorption by the soil.

RAIN GATHERING

Barrels collect rainwater to irrigate plants, reducing the need to use drinking water.

COMPOSTING Kitchen and yard waste becomes compost that goes into the garden as a rich soil conditioner. As a mulch and fertilizer, it minimizes weeds, reduces soil temperature fluctuations, protects roots and keeps vegetables clean.

NATIVE PLANTS

Prairie, dune and oak savannah plantings recall our region's past, and require little upkeep.



MAXIMIZING SPACE

A few smart ways to get more green in a small space: trellises, caged and staked tomatoes, container gardens, raised

beds (a good choice when urban soil is contaminated) and vertical planters (*above*).

FLOWERS We chose a variety of Proven Winners plants, such as lobelia, Supertunia and *Heuchera*, for their Midwest hardiness.

OUTDOOR FURNITURE

Teak pieces from Gloster (*above*) are weather-resistant and made from wood grown on managed plantations. A sectional from Crate & Barrel (*above left*) on the deck off the dining area is made of recyclable resin wicker.

GARAGE DOORS

A single see-thru garage door that opens to the patio and kitchen end of the house allows expansion of the outdoor space for entertaining. This door and the main driveway door (with frosted glass panels) are made by Clopay. Both have insulated tempered glass and an attractive contemporary aesthetic.

Landscaping is eco-smart One mature tree eliminates the emissions of 13 vehicles.





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PROJECT TEAM

EXHIBIT Museum of Science and Industry
Chicago, 57th Street & Lake Shore Drive, Chicago,
IL 60637 (773/684-1414; msichicago.org). Daily
tours given through January 9, 2011. Check
website for times, tickets and details.

ARCHITECT Michelle Kaufmann
(michellekaufmann.com).

BUILDER All American Homes
(800/573-2727; allamericanhomes.com).

INTERIOR DESIGN Carol Schalla, Senior Home
and Projects Editor, *Midwest Living*.

LANDSCAPE Jacobs/Ryan Associates (jacobs
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(urbanext.uiuc.edu).

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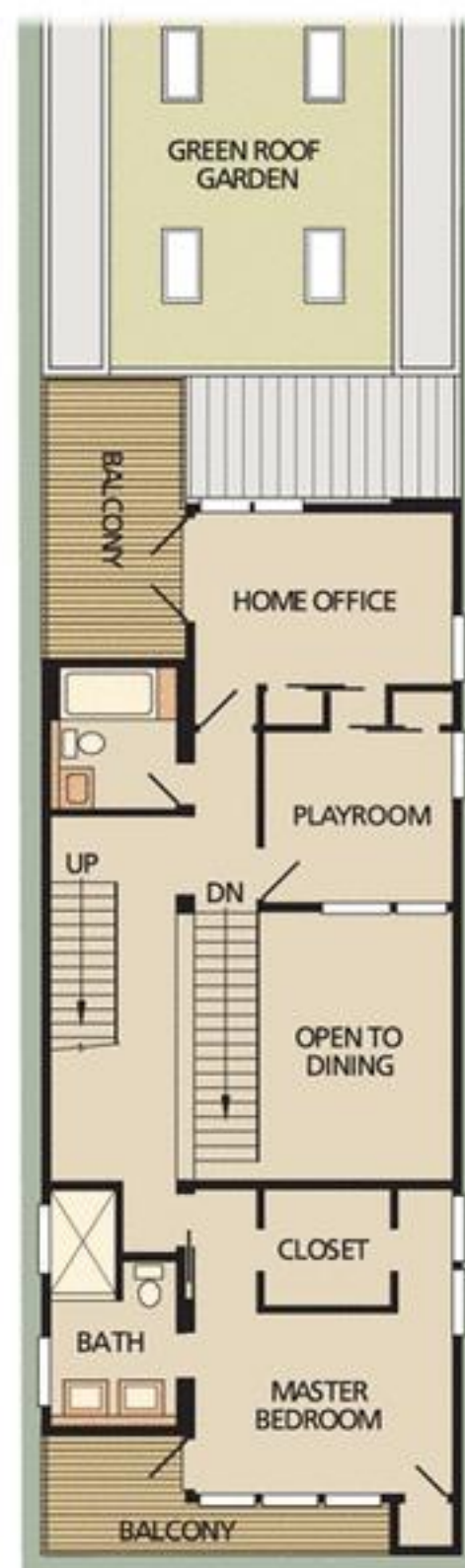
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First floor



Second floor



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Clopay

We chose two contemporary garage doors from the Avante Collection. These aluminum-and-glass doors fit the streamlined modular architecture of the home, and one acts as a versatile patio door to seamlessly merge the garage and outdoor living spaces. Made with weather-tight construction, and using 7/16-inch-thick insulating glass, they increase energy efficiency.



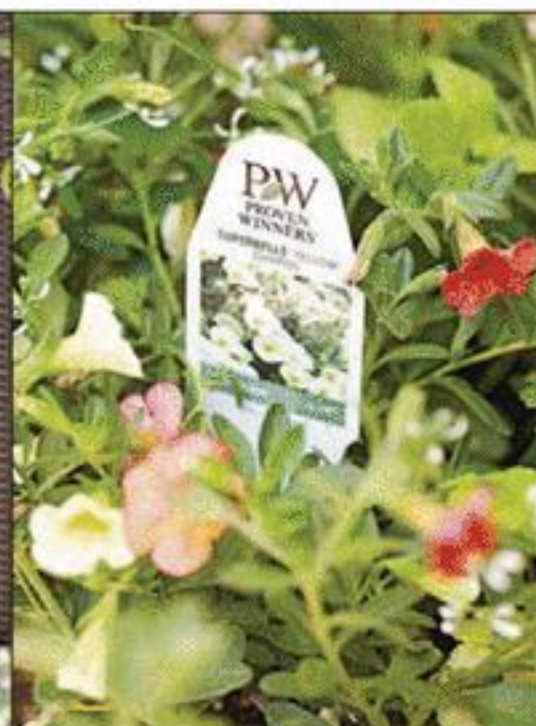
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Lechuza

We chose Cubico Cottage planters for their stylishly modern look, but it's the patented irrigation system of these outdoor planters that we love. They're like personal plant sitters, rationing water just like in nature. As a result, the plant's roots won't rot in standing water. Excess rainwater easily drains, leaving behind a full reservoir that keeps plants well-watered.



Proven Winners

A rigorous plant selection process assures that every Proven Winner plant is high-performing and unsurpassed in flowering, growth habit, disease resistance and regional performance. Plants in the *Smart Home* garden include hardy varieties of lobelia, *Nemesia*, *Supertunia*, verbena, *Heuchera*, hydrangea, *Calibrachoa*, coleus, *Euphorbia*, *Lobularia* and many more.

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(773/882-6662; barefootdesign.com).

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(800/672-4686; benjaminmoore.com/natura).

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(800/892-7150; leeindustries.com).

LONGSTREET COLLECTION

(longstreetcollection.com).

PAPERSTONE

(360/538-9815; paperstoneproducts.com).

ROOM & BOARD

(800/301-9720; roomandboard.com).

SEABROOK WALLPAPER

(800/238-9152; seabrookwallpaper.com).

STRAY DOG DESIGNS

(866/478-7297; straydogdesigns.com).

THE OLD WOOD COMPANY

(866/967-9663; theoldwoodco.com).

YORK WALLCOVERINGS

(800/375-9675; ronaldreddingdesigns.com).

PRODUCT RESOURCING

Sponsor and Major Contributor products are listed below. For complete resources visit midwestliving.com/2010ideahouse.

Entry, page 73

Paint Classic Colors: #955 Berber White and #1552 River Reflections; Affinity Color: #AF-180 Wenge (Benjamin Moore).

Living Room, pages 71-73

Art #G-LPG Three (3) Large Prairie Grass Prints (Longstreet Collection). **Bench** #6816-16 Muse Museum Oak, Finish: Weathered Grey (The Old Wood Company).

Chair #4217-01, Upholstery: Davis Khaki, Finish: Antique Cream (Lee Industries).

Coffee Table Custom live-edge oak with steel cylinder (Karpowicz Studios). **Lamp**

Lightbulb Energy Smart Sunshine CFL.

Simulates midday sunlight using 75 percent less energy than incandescent bulb (GE Lighting). **Paint** Classic Colors: #955 Berber White and #1552 River Reflections (Benjamin Moore). **Sofas** #8500-03, Upholstery: Slubby Natural (Lee Industries).

Dining Room, pages 74-75

Bench #371583 Parsons Bench, Leather Upholstery: Bison, Color: White (Room & Board). **Chairs** Host: #7550-01 Sled/2, Upholstery: Cafe Natural, Finish: Driftwood. Side: #C5567-41 Coverall Dining/2, Upholstery: Cafe Natural (Lee Industries).

Chandeliers #36D6 Appalachian Twig Brancheliers, Color: White (Deanna Wish Designs). **Chandelier Lightbulbs** Energy Smart Candelabra LED that costs pennies a year per bulb (GE Lighting). **Paint** Classic Colors: #955 Berber White and #1552 River Reflections (Benjamin Moore). **Table** Custom design. Cement and live-edge burr oak slice

Sometimes your hands could use a hand.



with steel base (Barefoot Design).

Lounge, page 77

Chairs #3020-01 Armless/2, Upholstery: Slubby Natural (Lee Industries). **Paint** Classic Colors: #955 Berber White and #1552 River Reflections (Benjamin Moore). **Plant Sculpture** #31/50 Papier Mâché 50" Weeds, Color: Kingsport Gray (Stray Dog Designs). **Rolling Cart** #4802-UR40-CF Caster Unit and #4802-SH06-NA Shelves (Design Workshop). **Stump Tables** 18", 14" and 10" tall, custom oak tree slices (Karpowicz Studios). **Kitchen, pages 76-77**

Cooktop #NIT8665UC 800 Series 36" Induction (Bosch/BSH). **Counter Stools** #7001-51, Upholstery: Cafe Natural, Finish: Driftwood (Lee Industries). **Countertops** Recycled glass, Color: Moroccan Sand (Gilasi). **Dishwasher** #SHX68E15UC 800 Plus Integra (Bosch/BSH). **Faucet** #K-6227-C11 Karbon Deck-Mount Articulated with Silver Tube (Kohler). **Oven** #HBL5450UC 500 Series 30" Wall (Bosch/BSH). **Paint** Classic Colors: #955 Berber White and #1552 River Reflections (Benjamin Moore). **Pendant Lightbulbs** Reveal CFL (GE Lighting). **Refrigerator** #B36IT71SNS Framed

36" French Door Built-In (Bosch/BSH).

Master Bedroom, page 78

Bed #MI54PBBIPMi88 Mies Bamboo Platform Bed, Full (Charles P. Rogers Beds). **Lamp Lightbulb** Glass Covered CFL (GE Lighting). **Headboard** Custom live-edge oak slice mounted on wall (Karpowicz Studios). **Paint** Affinity Color: #AF-405 Thicket (Benjamin Moore). **Wallpaper** #NR119/#SBK18404 Elements of Nature Grasscloth (Seabrook Wallpaper).

Master Bathroom, page 78

Wallpaper #SX7728 Natural Leaves, Color: Green (York Wallcoverings).

Playroom/Nursery, page 79

Chairs #C0007-01 Coverall Slipcovered Child/2, Upholstery: Boomer White (Lee Industries). **Dresser/Changing Table** Hiya Bamboo/White (Grow Modern Kids). **Lamp** #34 Faux Faux Bois papier mâché table lamp, Color: White (Stray Dog Designs). **Lamp Lightbulb** Energy Smart Cool White CFL. Enhances blues, greens and grays (GE Lighting). **Wall Murals** #NGSWM-112203-96-144 *Close View of Sleeping Two-Day-Old Harp Seal Pup* by Norbert Rosing/ National

Geographic Society Image Collection, and #NGSWM104822-96-144 *A Polar Bear Cub Rests Comfortably Atop the Back of His Mother* by Norbert Rosing/National Geographic Society Image Collection (Art.com).

Home Office, page 79

Desk Base: Portica Collection, Stainless Steel Parsons with return (Room & Board). Top: Paperstone, Color: Gunmetal (Paperstone).

File Cabinets #561248 Copenhagen One-Drawer, One-File Drawer in Cherry (Room & Board). **Paint** America's Color: #AC-29 San Antonio Gray (Benjamin Moore).

Exterior, page 80

Garage Doors Avante Collection (Clopay). **Landscaping** Annuals, perennials and small shrubs (Proven Winners). **Outdoor Lighting** Evolve LED Area Lights. 30-60% less energy consumption (GE Lighting). **Planters** Cubico Cottage self-watering (Lechuza). **Teak Furniture** #416 Marlborough Bench (Gloster). ■



For complete resources and an interactive buying guide visit midwestliving.com/2010ideahouse.

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Discoveries

A FEW OF OUR FAVORITE MIDWEST FINDS

TRICK OR TREAT?

This fall, carve out time for some of the Midwest's best Halloween events. "How spooky?" you ask. That's for you to decide.

Barely a 'boo!'

SHADOWS AND SPIRITS OF THE STATE CAPITOL Saint Paul Turn-of-the-century lights cast an eerie glow as costumed characters give history-theme evening tours. October 21–23, 28–30. Admission charged (651/296-2881; mnhs.org).

HALLOWEEN CAPITAL OF THE WORLD Anoka, Minnesota This town (22 miles north of Minneapolis) bleeds black and orange—and candy corn yellow, too. Pre-Halloween events include ghost tours, pumpkin carving, a bonfire, parades and lots of small-town cheer. Admission charged for some activities (763/421-7130; anokahalloween.com).

TREINEN FARM Lodi, Wisconsin Two corn mazes (one is the state's largest) star here (25 miles north of Madison). Explore by flashlight Friday and Saturday nights. September 2–November 14. Admission charged (608/592-3481; treinenfarm.com).

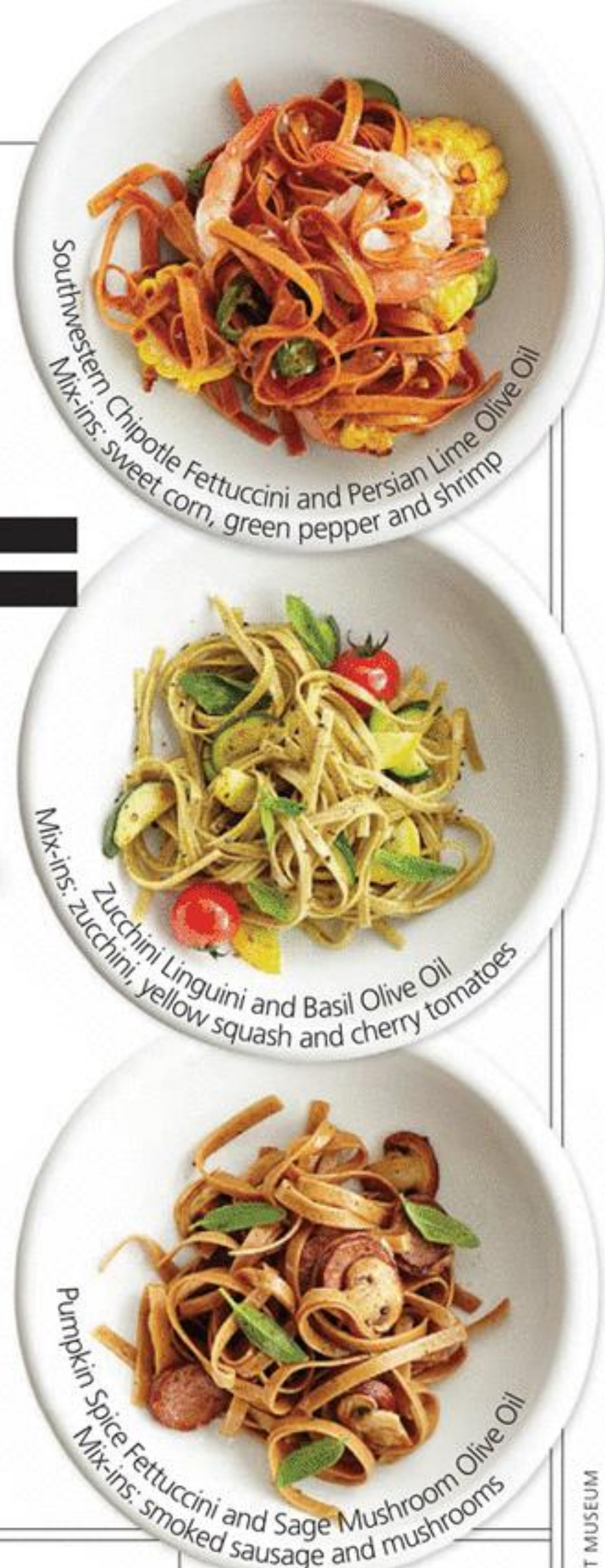
Goose bumps guaranteed

THE DARKNESS St. Louis Five floors of warehouse terror include a butcher's shop, mirror maze and swaying swamp bridge. Open Fridays and Saturdays in September, nightly in October. Admission charged (314/241-3456; scarefest.com).

BUXTON INN Granville, Ohio Some guests at this B&B swear they've seen a wispy woman in Victorian clothes; others feel a cat on the bed. Even skeptics are sure to jump every time the floor creaks. From \$100 (740/587-0001; buxtoninn.com).

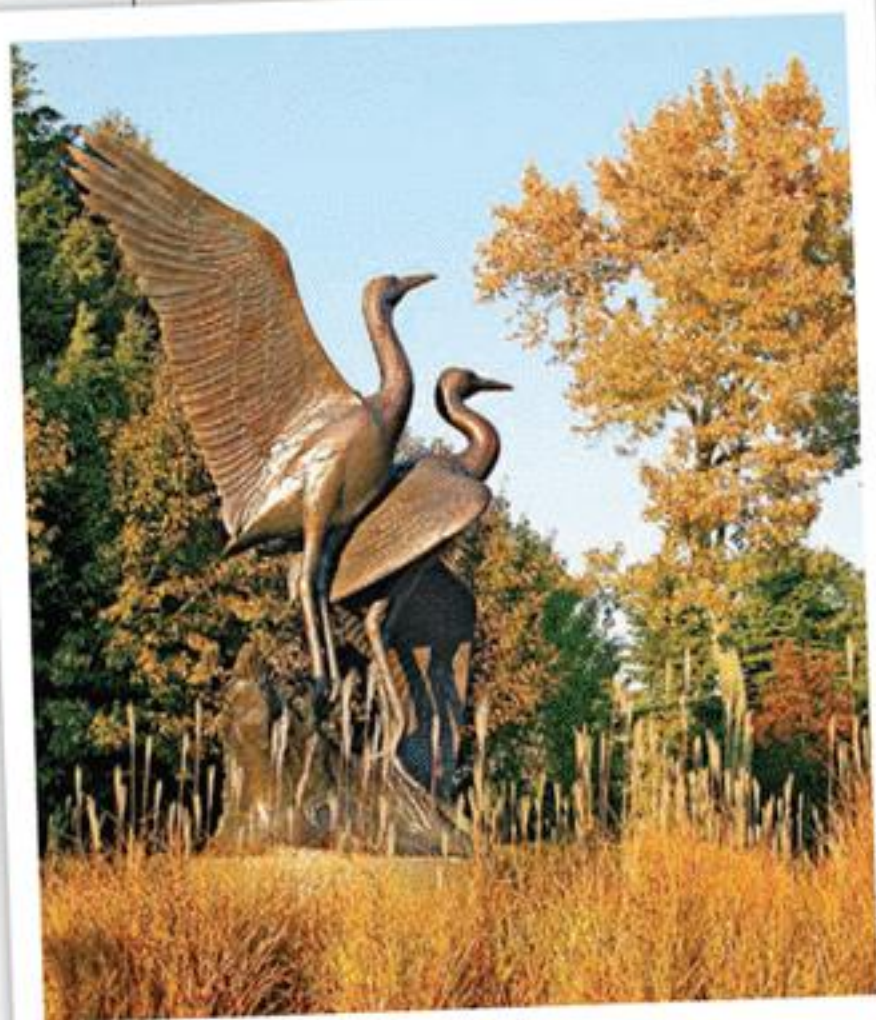
MISSOURI STATE PENITENTIARY Jefferson City, Missouri Once dubbed "The Bloodiest 47 Acres in America," this shuttered 1836 prison opened for tours last year. Twilight Tours aim to scare, but the daytime hard-hat tour is only mildly creepy—unless your imagination gets the best of you. Admission charged (866/998-6998; missouripentours.com).

DISCOVERIES



One + one = yum

We love to play matchmaker, pairing Midwest products that have never met but are perfect for each other. Case in point: Rossi Pasta, made in Marietta, Ohio, and Fustini's Oils & Vinegars, sold in Ann Arbor, Traverse City, Petoskey and Holland, Michigan. Both companies offer a delectable array of flavors. Rossi kneads spices and veggies into pasta dough, and Fustini's infuses olive oil with citrus and herbs. We quickly realized these two brands had excellent relationship potential. So, Rossi, meet Fustini's. Fustini's, meet Rossi. Let the flavor sparks fly. Rossi Pasta, from \$5.75 for 12 oz. (800/227-6774; rossipasta.com). Fustini's Oils and Vinegars, from \$14.50 for 375 ml (231/944-1145; fustinis.com).



Flight of fancy

Lanky flamingos and a sharp-eyed eagle greet visitors outside the Leigh Yawkey Woodson Art Museum, bronze harbingers (left) of what's inside. The Woodson, housed in a Tudor mansion in Wausau, Wisconsin (143 miles north of Madison), specializes in all forms of art inspired by nature—in particular, birds. The collection is surprisingly endearing. A bronze ostrich runs across the lawn. Songbirds hide in painted leaves. "Humans have an ancient fascination with birds," says now-retired associate

director Marcia Theel. "I call it avian envy. We want to fly, sit at the tip-top of a tree and see the world from there."

The annual *Birds in Art* juried exhibition (September 11–November 14 this year) will feature more than 118 new works. Events include artist talks, naturalist presentations and a family festival. Free. 700 N. 12th St. (715/845-7010; lywam.org).

READER'S PICK

VALA'S PUMPKIN PATCH

Becky Bentz of Elkhorn, Nebraska, has gone to Vala's Pumpkin Patch in Gretna (19 miles southwest of Omaha) since her children were little—and now they bring *their* kids. The main draw is the Fall Festival (September 25–October 31 this year), with pig races, train rides, a pumpkin cannon, live music and autumn treats. (Yes, you can pick a pumpkin, too. They grow 20 varieties on 45 acres.)

A few years ago, Becky realized that one Vala's outing each year wasn't enough, so she became a seasonal employee. "Fall has always been my favorite time of year, and Vala's is a happy place," she explains. "If you're going to have a part-time job, it might as well be something you enjoy." Admission charged; some activities have extra fees (402/332-4200; valas.pumpkinpatch.com). ■

Have a Discovery of your own?

We're always looking for more ideas. Send your own tales from the road to Discoveries, *Midwest Living*, 1716 Locust St., Des Moines, IA 50309-3023. Or send an e-mail to discoveries@midwestliving.com. If we publish your pick, you'll receive \$50.

Ecological Style

The exotic beauty that a Morning Star bamboo floor brings to a home does come with a price – and it's a lower price than you might expect. More durable than many traditional hardwoods, it actually costs less than a lot of traditional hardwoods. With the same straight-forward installation as hardwood, bamboo flooring makes sense.



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Celebrations

YOUR CALENDAR OF MIDWEST EVENTS

SEPTEMBER

1 Oktoberfests

Midwest Deutsche Oktoberfest Hays, Kansas, September 18-19—The German Capital of Kansas toasts its heritage with polka music, dance lessons, a polka Mass and food booths at the fairgrounds (800/569-4505; midwestdeutscheoktoberfest.com).

Oktoberfest Zinzinnati Cincinnati, September 18-19—They roll out the barrel (in fact, 800 barrels of beer in all) for a party in a six-block area of downtown. Festivities include a huge chicken dance and dashing dachshunds in the Running of the Wieners (513/579-3100; oktoberfestzinzinnati.com).

50th Annual Oktoberfest La Crosse, Wisconsin, September 24-October 2—Cheers to the polka and German music, brats and kraut, the three-hour-long Maple Leaf Parade (10 a.m. September 25), a torchlight parade, Maple Leaf Road Races and carnival. Admission charged (608/784-3378; oktoberfestusa.com).

Sweet Springs Oktoberfest Sweet Springs, Missouri, October 2—The historic downtown goes German for a day of polka music, beer and wine gardens, plus brats, kraut, strudel and other German foods (660/335-6367).



Buffalo Roundup and Arts Festival

Custer, South Dakota, September 25-27—Head to Custer State Park for the arts festival (September 25-26). On September 27, watch cowboys round up 1,300 buffalo. Park entrance fee for arts festival (605/255-4515; custerstatepark.com).

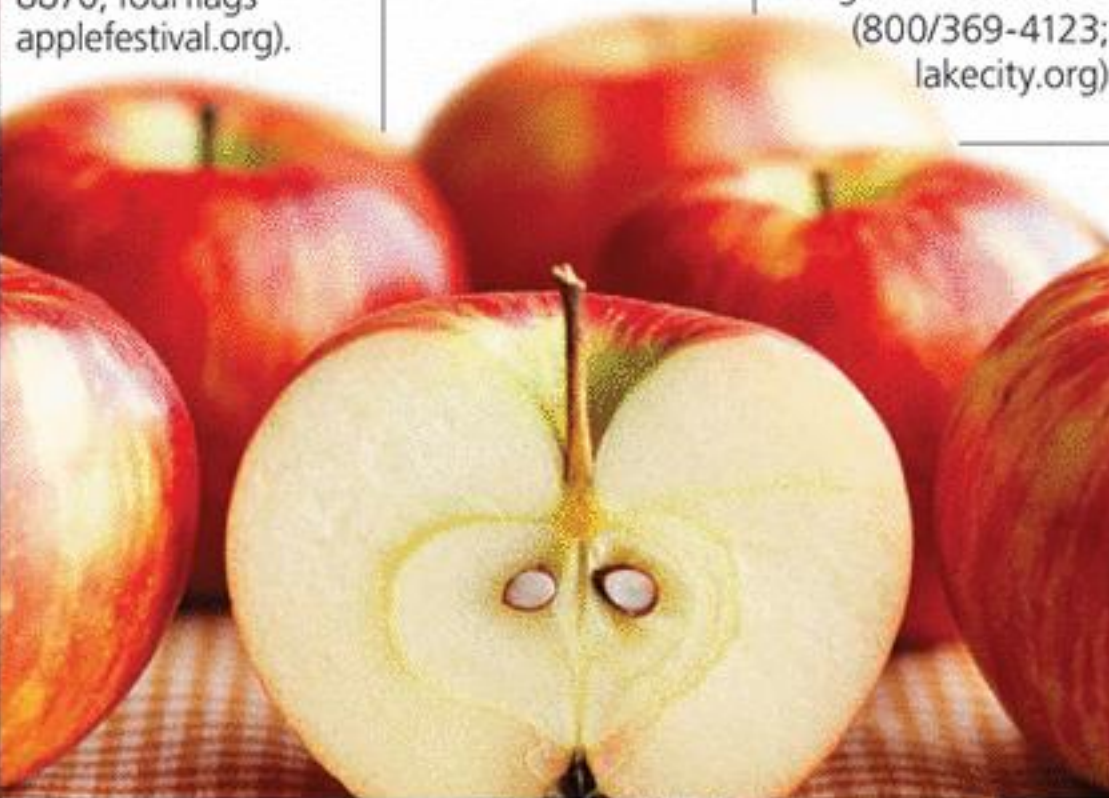


Four Flags Area Apple Festival

Niles, Michigan, September 30-October 3—Check out the peeling contest, orchard tours, parade (1:30 p.m. Saturday), classic-car show and fireworks. Parking donation (269/683-8870; fourflagsapplefestival.org).

Johnny Appleseed Days and Wild Wings Fall Festival

Lake City, Minnesota, October 2-3—Apple season peaks with a farmers market, chili cook-off and more, and 30 artists sell their work at the Wild Wings Fall Festival (800/369-4123; lakecity.org).



Circleville Pumpkin Show

Circleville, Ohio, October 20-23—Running since 1903, this fest boasts the world's largest pumpkin pie, huge entries in the pumpkin weigh-in, eight parades, pumpkin foods, flower and art displays, and more (740/474-7000; pumpkinshow.com).

25th Annual Scarecrow Festival

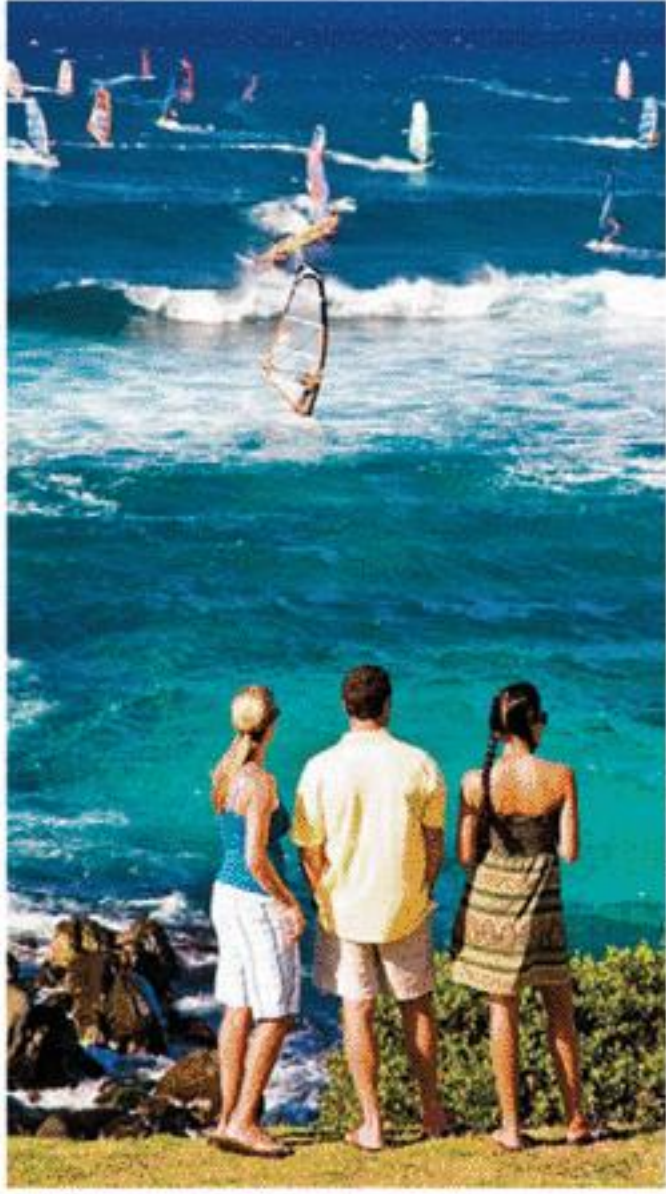
St. Charles, Illinois, October 8-10—Downtown boasts more than 100 whimsical handcrafted scarecrows (vote for your favorite), plus a crafts show, carnival, entertainment and a chance to make a scarecrow to take home (800/777-4373; scarecrowfest.com).

If you plan to attend an event, call first: Dates may change. If you have an event for our calendar, send it to **Celebrations, Midwest Living**®, 1716 Locust St., Des Moines, IA 50309-3023 or to midwestliving@meredith.com. We must receive items at least seven months before the event date. (Space is limited. Not every event can be included, and items will be edited.) Many events include live entertainment, food vendors and crafts booths, so we do not always specify.



MAUI

*Do what
you please
in your own
good time.*



Maui. Everyone knows Maui and many have sensed the almost audible "ahhh" throughout the cabin as the plane touches down. Collect your bags, get outside, and look left to Haleakalā, right to the West Range, then up to that blue, blue sky. The weight of the world melts away in the warmth of Maui's sun.

The island is just so easy. Whatever hotel brand is nearest your heart, they wouldn't dream of not being here for you. Whatever your oasis – Mākena, Wailea, Kā'anapali, Kapalua – you needn't go any further (but you will). Every resort has a championship golf course or two, tennis, and spa-ah-ah-ahs. If a condo is your preference, there can't be one along the Kīhei or Nāpili shore that doesn't boast the island trinity –



lāna'i; ceiling fan; barbeque grill beside the pool.

So check into your home base of choice, take a deep breath, then go. Maui frees you to do what you love to do or try what you've always wanted to. There is an ocean of fun right out the door, a new favorite place to eat, either way, just down the beach. And close across the water are Maui's enticing sister islands, Lāna'i and Moloka'i.

Maui is full of surprises. Around every bend you'll find a sweet little town or awesome vista to photo-phone home. Don't miss Lāhainā, Wailuku, Upcountry Makawao, North Shore Pā'ia and the road,

glorious road, to Hāna. Seek out mochi, baked manju, shave ice, guri guri, Roselani ice cream, Kettle Cooked Maui chips, Surfing Goat cheese, protea, Alii Kula lavender and Hāna Fresh produce.

Do what you please in your own good time. Baby, on Maui, you just hang loose.

Planning a wedding or honeymoon?

We cordially invite you to meet Maui at Chicago Brides Magazine's **BRIDAL FASHION SHOW & EXPO**

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VisitMaui.com

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Illinois

Pride and Passion: The African-American Baseball Experience Highland Park, now through October 1

—Learn about the trials of early-20th-century African-American ballplayers at the Highland Park Public Library. This North Shore site is one of 50 hosting this traveling exhibit from the National Baseball Hall of Fame and Museum (847/432-0216; hplibrary.org).

Sterling Storytelling and Art Festival

Sterling, September 3–4—Gather under the tent in Hoover Park to hear stories by professional Midwest tellers. Between tales, shop at the juried art show. On Saturday night, stories get spookier around a campfire during Tales in the Dark. Admission charged Friday; by donation Saturday (815/625-1370; sterlingfestival.org).

Art Fair on the Square Lake Forest, September 5–6—Market Square hosts 180 artists selling their fine works (847/234-3743; deerpathartleague.org).

Princeton KidLit 2010 Princeton, September 25—Celebrate kids' literature with book signings and readings. Books inspire the family events: a golden ticket hunt based on *Charlie and the Chocolate Factory*, an *Alice in Wonderland* tea party and more. Admission charged to some events (815/200-9877; princetonkidlit.org).

Peoria Art Guild's Fine Art Fair Peoria, September 25–26—Like an outdoor art gallery, the riverfront is awash with works sold by 150 artists. Live music, food and a kids' art festival round out the weekend. Admission charged (309/637-2787; peoriafineartfair.com).

Heritage Days on the Goshen Trail

Godfrey, September 25–26—Frolic frontier-style with folk dancers and singers, traditional artisans and a primitive encampment of tepees and cannon firings on the grounds of Lewis and Clark Community College. Admission charged (618/530-7632; altonheritagedays.org).

Fluorspar Festival Rosiclare, September 30–October 2—Rosiclare celebrates the colorful history that revolved around this mineral with an open house at the American Fluorite Museum; a parade (2 p.m. Saturday), food and crafts vendors, a quilt show, and more in this Ohio River town (618/285-3445; hardincountyil.org).

ArtRageous! Oak Park Oak Park, October 7–11—This village-wide event showcases dramatic performances in historic mansions, an Artist Studio Walk and guided bicycle tour of the village's architectural gems. Admission charged to some events (708/902-6402; artoakpark.com).

Calhoun County Quilt and Church Tour Calhoun County, October 22–23—A self-guided tour (maps available) leads to 50 hand-painted quilt blocks on barns and businesses. Along the route: quilt displays in churches at Bellevue, Kampsville, Hardin and Brussels. Admission charged (618/232-1268; visitcalhoun.com).

Indiana

Fourth Street Festival Bloomington, September 4–5—More than 100 juried artists gather downtown every Labor Day weekend to sell their fine arts and crafts. Live jazz, folk and blues music serenades shoppers (812/335-3814; 4thstreet.org).

Metamora Old Time Music Festival

Metamora, September 4–5—In this 19th-century canal town, acoustic folk and bluegrass acts perform along the historic Whitewater Canal, and visitors can learn to play the dulcimer (765/647-2194; metamoramusic.pbworks.com).

Columbus Scottish Festival Columbus, September 11–12—The wail of bagpipes summons visitors to the fairgrounds for Highland dancing; sheepdog herding; and shopping for Celtic jewelry. Admission charged (800/468-6564; scottishfestival.org).

Indy Irish Fest Indianapolis, September 17–19—Step lively in Military Park with Irish traditional and rock music, step dancers, rugby matches, Irish breed dogs and more. Admission charged (317/713-7117; indyirishfest.com).

Trail of Courage Rochester, September 18–19—Frontier Indiana returns to the banks of the Tippecanoe River with historic encampments, period music and dance, foods cooked over wood fires, canoe rides, traditional crafts, and Native American dancing. Admission charged (574/223-4436; fultoncountyhistory.org).

Feast of the Hunters' Moon West Lafayette, October 2–3—Along the Wabash River, recapture 18th-century life at these Historic Fort Ouiatenon Park doings, including Native American and voyageurs camps. Admission charged (765/476-8411; tippecanoehistory.org/feast.htm).

Harvest Homecoming New Albany, October 2–10—Enjoy crafts and food booths, music, carnival rides, a hot-air balloon race, a bicycle tour and a parade at noon October 2. Admission charged to some events (812/944-8572; harvesthomecoming.com).

Iowa

T.T. Quilt Show Bloomfield, September 18–19—A patchwork of more than 150 antique, vintage and new quilts fills Mutchler Community Center. Admission charged (515/681-5592; bloomfieldmainstreet.com).

Mississippi Valley Quilters Guild Quilt Show Davenport, September 24–25—Guild members display more than 400 quilts in two buildings at the Mississippi Valley Fairgrounds. Admission charged (563/391-8685; mvqg.org).

Sorghum Fest St. Donatus, September 25—Founded by Luxembourg immigrants, this historic village (population: 150) features demonstrations on making sweet sorghum. Also at Gehlen House, you can buy sorghum cookies and candy (563/773-2480; bellevueia.com).

Artisans Road Trip northwest Iowa, October 1–3—Travel scenic byways and backroads to the studios and workspaces of 35 potters, painters, sculptors, photographers and other artists who demonstrate and sell their works. Attractive maps and artist guides are available online (712/732-6286; artisansroadtrip.com).

Madison County Covered Bridge Festival Winterset, October 9–10—See the bridges on self-guided or bus tours of the area's six famous spans. Wind up back at the town square for food, music, a vintage-car show and an antique-vehicle parade (2 p.m. Sunday). Admission charged (800/298-6119; madisoncounty.com).

Kansas

114th Annual Labor Day Celebration Hoisington, September 3–6—A community garage sale, an outdoor dance, a carnival and a parade (10:30 a.m. Monday) mark summer's end. Admission charged to some events (620/653-4311; hoisingtonkansas.com).

Renovation Sensation Homes Tour Prairie Village, September 15—Tour four renovated homes at this benefit for a community service program at Shawnee Mission East High School. Admission charged (913/384-0648; smeshare.org).

Arts and Crafts Fair Hillsboro, September 18—More than 300 artisans pack downtown with arts and crafts. Vendors sell Hillsboro's famous smoked sausage, zwieback, *bierocks* and other ethnic favorites (620/947-3506; hillsboroartsandcraftsfair.com).

McConnell Open House and Air Show Wichita, September 25–26—The U.S. Air Force Thunderbirds headline a weekend of free air shows at McConnell Air Force Base (316/759-3141; www.mcconnell.af.mil).

Holiday Mart Overland Park, October 21–24—Shop with a purpose at this Junior League benefit. More than 200 retailers sell fashion, home decor, beauty, specialty food and other products at the Overland Park Convention Center. Admission charged (816/444-2112; jlk.org).

Neewollah Independence, October 22–30—Get in the "spirit" of Neewollah (*Halloween* spelled backward) at the October 30 grand parade (11 a.m.). Other downtown haunts: bandstand music, food vendors and a silly costume parade for adults. Admission charged to some events (800/882-3606; neewollah.com).

Michigan

Presque Isle Labor Day Picnic Presque Isle, September 4—Picnic in the park at the 1870 New Presque Isle Lighthouse, where the Presque Isle Township Museum Society sells brats and other fare. Then climb the lighthouse tower and tour the restored house (989/595-5210).

Michigan Schooner Festival Traverse City, September 10–12—Tall ships and other vessels arrive during Friday evening's Grand Parade of Sail. The weekend promises deck tours, rides aboard the ships, live music, roving pirates and a pancake breakfast. Admission charged (231/946-2647; michiganschoonerfestival.org).

Port City Street Fair Manistee, September 11—Drop anchor for a crafts fair, music acts and a classic-car show on downtown's historic River Street. Also in this Victorian Port City: a beer garden, chili cook-off and street musicians (231/398-3262; manisteedowntown.com).

Dawn Farm Jamboree Ypsilanti, September 12—Spend an afternoon enjoying the live music, hayrides, pony rides, farm animals, tours of the 74-acre farm, children's tent and auctions (734/485-8725; dawnfarm.org/jamboree.html).

Paul Bunyan Festival Oscoda, September 17–19—Oscoda hails the legendary lumberjack with the Great Lakes Chainsaw Carving Championship, a greased pole climb and other games (800/235-4625; oscodachamber.com).

PerryFest Perry, September 17–19—Make merry with a parade (noon Saturday), classic-car show, 5K run and music acts. Fireworks follow the POW-MIA ceremony (Friday). Fill up at the chicken barbecue, pig roast and steak dinner (517/625-6155 ext. 235; perry.mi.us).

Heritage Hill Weekend Tour of Homes Grand Rapids, October 2–3—One of the largest urban historic districts, lined with 1,300 homes dating from 1848, opens the doors to eight private residences and four historic buildings. Admission charged (616/459-8950; heritagehillweb.org).

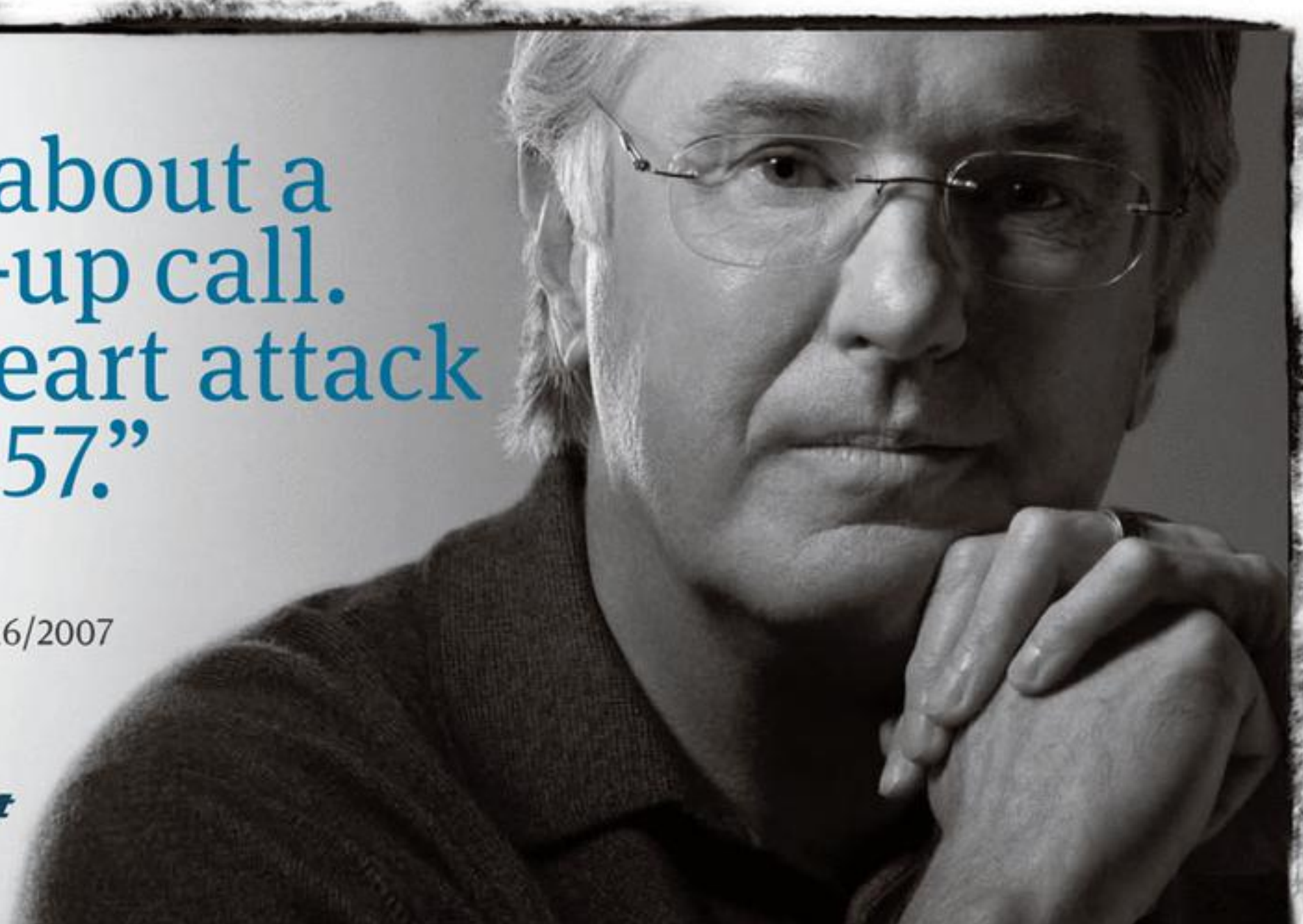
Minnesota

Fall Harvest Moon Festival Ely, September 10–12—The harvest moon shines on 125 arts and crafts exhibitors selling their work in Whiteside Park. Watch a lumberjack show and enjoy local foods and live music (800/777-7281; ely.org).

Continued on page 96

**“Talk about a
wake-up call.
I had a heart attack
at 57.”**

~John E.
Lafayette, CA
Heart attack: 8/16/2007



**“I should have been doing more for my high cholesterol.
I learned the hard way. Now I trust my heart to Lipitor.”
Talk to your doctor about your risk and about Lipitor.**

- When diet and exercise are not enough, adding Lipitor may help. Lipitor is FDA-approved to reduce the risk of heart attack and stroke in patients who have heart disease or risk factors for heart disease, including family history of early heart disease, high blood pressure, low good cholesterol, age and smoking.
- Lipitor has been extensively studied with over 18 years of research. And Lipitor is backed by over 400 ongoing or completed clinical studies.

IMPORTANT SAFETY INFORMATION:

LIPITOR is not for everyone. It is not for those with liver problems. And it is not for women who are nursing, pregnant or may become pregnant.

If you take LIPITOR, tell your doctor if you feel any new muscle pain or weakness. This could be a sign of rare but serious muscle side effects. Tell your doctor about all medications you take. This may help avoid serious drug interactions. Your doctor should do blood tests to check your liver function before and during treatment and may adjust your dose.

Common side effects are diarrhea, upset stomach, muscle and joint pain, and changes in some blood tests.

INDICATION:

LIPITOR is a prescription medicine that is used along with a low-fat diet. It lowers the LDL (“bad” cholesterol) and triglycerides in your blood. It can raise your HDL (“good” cholesterol) as well. LIPITOR can lower the risk for heart attack, stroke, certain types of heart surgery, and chest pain in patients who have heart disease or risk factors for heart disease such as age, smoking, high blood pressure, low HDL, or family history of early heart disease.

LIPITOR can lower the risk for heart attack or stroke in patients with diabetes and risk factors such as diabetic eye or kidney problems, smoking, or high blood pressure.

Please see additional important information on next page.



Have a heart to heart with your doctor about your risk. And about Lipitor.

Call 1-888-LIPITOR (1-888-547-4867) or visit www.lipitor.com/john

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Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

IMPORTANT FACTS



LIPITOR
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(LIP-ih-tore)

LOWERING YOUR HIGH CHOLESTEROL

High cholesterol is more than just a number, it's a risk factor that should not be ignored. If your doctor said you have high cholesterol, you may be at an increased risk for heart attack and stroke. But the good news is, you can take steps to lower your cholesterol.

With the help of your doctor and a cholesterol-lowering medicine like LIPITOR, along with diet and exercise, you could be on your way to lowering your cholesterol.

Ready to start eating right and exercising more? Talk to your doctor and visit the American Heart Association at www.americanheart.org.

WHO IS LIPITOR FOR?

Who can take LIPITOR:

- People who cannot lower their cholesterol enough with diet and exercise
- Adults and children over 10

Who should NOT take LIPITOR:

- Women who are pregnant, may be pregnant, or may become pregnant. LIPITOR may harm your unborn baby. If you become pregnant, stop LIPITOR and call your doctor right away.
- Women who are breast-feeding. LIPITOR can pass into your breast milk and may harm your baby.
- People with liver problems
- People allergic to anything in LIPITOR

BEFORE YOU START LIPITOR

Tell your doctor:

- About all medications you take, including prescriptions, over-the-counter medications, vitamins, and herbal supplements
- If you have muscle aches or weakness
- If you drink more than 2 alcoholic drinks a day
- If you have diabetes or kidney problems
- If you have a thyroid problem

ABOUT LIPITOR

LIPITOR is a prescription medicine. Along with diet and exercise, it lowers "bad" cholesterol in your blood. It can also raise "good" cholesterol (HDL-C).

LIPITOR can lower the risk of heart attack, stroke, certain types of heart surgery, and chest pain in patients who have heart disease or risk factors for heart disease such as:

- age, smoking, high blood pressure, low HDL-C, family history of early heart disease

LIPITOR can lower the risk of heart attack or stroke in patients with diabetes and risk factors such as diabetic eye or kidney problems, smoking, or high blood pressure.

POSSIBLE SIDE EFFECTS OF LIPITOR

Serious side effects in a small number of people:

- **Muscle problems** that can lead to kidney problems, including kidney failure. Your chance for muscle problems is higher if you take certain other medicines with LIPITOR.
- **Liver problems.** Your doctor may do blood tests to check your liver before you start LIPITOR and while you are taking it.

Call your doctor right away if you have:

- Unexplained muscle weakness or pain, especially if you have a fever or feel very tired
- Allergic reactions including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing which may require treatment right away
- Nausea, vomiting, or stomach pain
- Brown or dark-colored urine
- Feeling more tired than usual
- Your skin and the whites of your eyes turn yellow
- Allergic skin reactions

Common side effects of LIPITOR are:

- Diarrhea
- Muscle and joint pain
- Upset stomach
- Changes in some blood tests

HOW TO TAKE LIPITOR

Do:

- Take LIPITOR as prescribed by your doctor.
- Try to eat heart-healthy foods while you take LIPITOR.
- Take LIPITOR at any time of day, with or without food.
- If you miss a dose, take it as soon as you remember. But if it has been more than 12 hours since your missed dose, wait. Take the next dose at your regular time.

Don't:

- Do not change or stop your dose before talking to your doctor.
- Do not start new medicines before talking to your doctor.
- Do not give your LIPITOR to other people. It may harm them even if your problems are the same.
- Do not break the tablet.

NEED MORE INFORMATION?

- Ask your doctor or health care provider.
- Talk to your pharmacist.
- Go to www.lipitor.com or call 1-888-LIPITOR.

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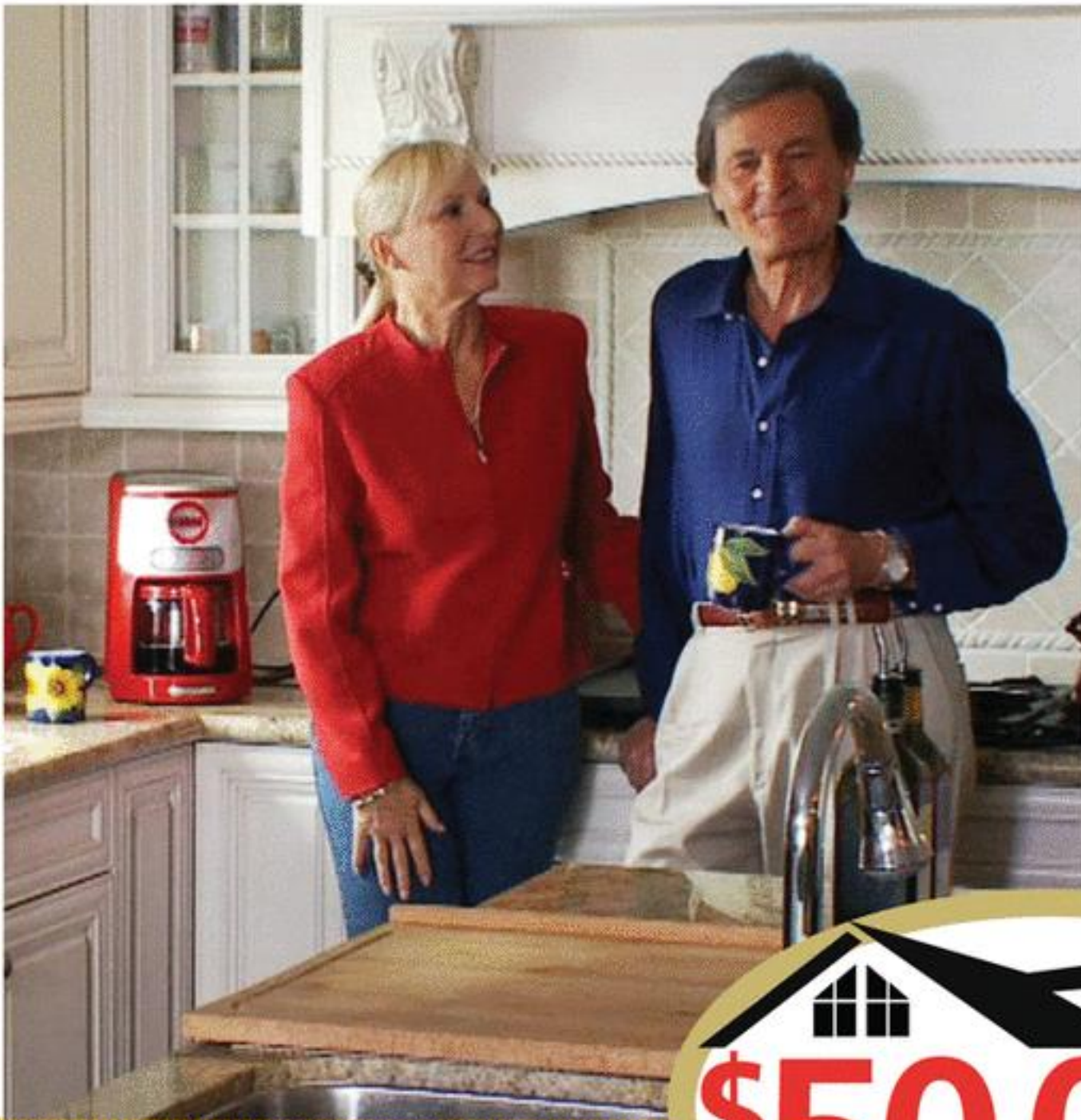


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June 2009

Rx only

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Prices and Avoid Hidden Retail
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Continued from page 92

Little Falls Arts and Crafts Fair Little Falls, September 11-12—As many as 100,000 shoppers and 600 crafters line the downtown streets, sidewalks and parks on both sides of the Mississippi River (320/632-5155; littlefallsmnchamber.com).

August Schell Brewery's 150th Anniversary Party New Ulm, September 17-18—The brewery celebrates its milestone with German music and a behind-the-scenes look at its brewing. In nearby South Park, 11 Minnesota music acts take the stage, and beer and food abound. Admission charged to the concert (507/354-5528; schellsbrewery.com).

Lakeville Art Festival Lakeville, September 18-19—On the grounds of the Lakeville Area Arts Center, some 60 artists sell their creations (952/985-4640; lakevilleartfestival.org).

60th Annual Tri-State Band Festival Luverne, September 25—This gig showcases 25 high school marching bands from Minnesota, Iowa and South Dakota. The ensembles parade down Main Street at 10 a.m. and face off again at 12:30 p.m. at the stadium for field judging. Admission charged to field event (888/283-4061; luvernechamber.com).

Loon Country Quilters Quilt Show Grand Rapids, October 22-23—At this biennial show, the Loon Country Quilters display more than 200 quilts and quilted items, including bed and wall quilts and clothing, in the Itasca Community College gymnasium. Admission charged (218/326-8323).

Missouri

2010 Quilting Celebration Springfield, September 23-25—Browse more than 400 quilts displayed at the Springfield Expo Center, which also features the Pilgrim/Roy Invitational Quilt Challenge exhibit from the National Quilt Museum in Paducah, Kentucky. Admission charged (417/888-2058; ozarkpiecemakers.com).

25th Annual Eldon Turkey Festival Eldon, September 25—Strut to a top turkey-producing county for a day of "tom"-foolery: frozen turkey bowling, the 5K run, smoked turkey legs and a 100-foot-long turkey sandwich (573/392-3752; eldonchamber.com).

Roots N Blues N BBQ Columbia, October 1-2—Derek Trucks, Susan Tedeschi and others headline the lineup of 30 roots and blues acts. Fifty teams compete for cash prizes in the Kansas City BBQ Society-sanctioned competition. Admission charged (573/694-3333; rootsnbluesnbbq.com).

KC Indian Fest Kansas City, October 9-10—More than 30 Native American artists sell their work at Line Creek Community Center. Dancers and a flute player entertain, plus you can feast on Indian tacos and fry bread. Admission charged (816/513-0764; kcindianfest.com).

New Madrid Ghost Tours New Madrid, October 15-16, 22-23—This self-proclaimed haunted town offers walking tours of its favorite spooky spots. Armed with electronic paranormal detectors, guides stop for storytelling. Reservations required. Admission charged (877/748-5300; wix.com/newmadrid/hauntedtour).

Nebraska

Antiques and Crafts Extravaganza Lexington, September 3-5—Vendors sell antiques and crafts in six buildings at Dawson County Fairgrounds and fill the outdoor spaces

with their flea market items. Admission charged (308/324-5504; www.visitlexington.org).

Willow Tree Festival Gordon, September 11-12—Named for a lone willow that was once a gathering place for Native Americans and settlers, this festival in Winship Park is a favorite meeting place today for live music acts, folk and bluegrass musicians, and storytelling. Admission charged (308/282-9972; willowtreefestival.com).

AppleJack Festival Nebraska City, September 17-19—It's fun to the core when you take in the parade (1 p.m. Saturday), the classic-car show, crafts and quilt shows, and live music. Snack on apple doughnuts, pies and other fare (800/514-9113; nebraskacity.com).

Grand Duke Alexis Rendezvous Hayes Center, September 24-26—Relive the day in 1872 when Buffalo Bill Cody, George Custer and Phil Sheridan led a Russian grand duke on a southwest Nebraska buffalo hunt. Witness black-powder shoots and tribal dancing, waltz to the grand ball, and sip at the ladies' prairie tea (308/286-3463; granddukealexis.com).

55th Annual Jewelry, Rock, Fossil and Mineral Show Omaha, October 2-3—Rock on to the Westside Community Center to shop for jewelry, rocks, minerals and fossils. Admission charged (402/397-9606).

North Dakota

Gardendwellers Farm Produce Party Churchs Ferry, September 4—At North Dakota's largest herb farm, you can shop for produce and baked goods and make a scarecrow. Also, take the "thyme" to tour the gardens and labyrinth (701/351-2520; gardendwellersfarm.com).

Autumn JunkFest and Flea Market Carrington, September 11—Not your grandma's garage sale, this market at the fairgrounds overflows with cool junk and antiques. Admission charged (701/674-3281; junk-fest.blogspot.com).

Downtowners Street Fair Bismarck, September 17-18—Arts, crafts and food vendors line seven blocks of historic downtown for the 37th annual festival. Hit the streets for live music and children's activities, too (701/223-1958; downtownbismarck.com).

Ohio

Clinton County Corn Festival Wilmington, September 10-12—This fest pays tribute to one of the area's biggest industries with a parade (10 a.m. Saturday), the Corn Olympics, a quilt show, music and crafts. Vendors sell sweet corn, fritters and more. Admission charged (937/382-1965; clintoncountyohio.com).

Old Clifton Days Clifton, September 24-26—This tiny village (population: 170) hosts thousands who come for 100 artisans and handicraft vendors, bluegrass and country music, a parade (noon Saturday), and homemade pie (937/342-2175; villageofclifton.com).

Country Applefest Lebanon, September 25—More than 150 crafts, food and produce vendors take over the streets of historic downtown. Other harvest happenings: free entertainment and an Applefest bake-off (www.countryapplefest.com).

Mum Fest Barberton, September 25-26—Mum's the word at this fest, abloom with 20,000 chrysanthemums in Lake Anna Park. The fun includes water-ski shows, canoe races and sand sculpting, plus food vendors and potted mums for sale (330/848-6653; cityofbarberton.com).

Apple Butter Stirrin' Festival Coshocton, October 15-17—Smell fresh apple butter

simmering over an open fire in historic Roscoe Village as you listen to bluegrass and old-time music. Then take canal boat rides and eerie Spirit of Roscoe tours. Admission charged for those 12 and older (800/877-1830; roscoevillage.com).

South Dakota

Ribs, Rods and Rock 'n' Roll Vermillion, September 10-11—Barbecue vendors, a classic-car show and live bands overtake downtown's Main Street. You can sample the fare fixed by more than 40 teams in the South Dakota BBQ Championship and vote for your favorite. Admission charged to some events (800/809-2071; sdbbqchampionship.com).

Northeast South Dakota Celtic Faire and Games Aberdeen, September 18-19—This Celtic shindig at Brown County Fairgrounds features Irish folk bands and step dancers, Highland dancers and pipe bands. Admission charged (605/216-3403; nesdcelticfaire.com).

Wisconsin

Harvest Windmill Festival Evansville, September 10-12—Eight-foot windmills decorated by Midwest artists stand downtown throughout the summer and are auctioned during this festival. Breeze along Main Street to the farmers market and Wisconsin wine and cheese tastings (608/882-0598; evansville-wi.net).

Fondue Fest Fond du Lac, September 11—Come view the "world's largest fondue set" downtown and savor chocolate and cheese fondue served by culinary students. Other treats: three music stages, a classic-car show and farmers market (920/921-9500; fonduefest.com).

Taste of the Garden Door Sturgeon Bay, September 11—The Door County Master Gardeners open their 36,000-square-foot display plot for free tours and tastings of garden produce (920/743-9026; dcmga.org).

Green County Cheese Days Monroe, September 17-19—Monroe honors its Swiss heritage and dairy farming traditions with barn-quilt bus tours, cheese and beer tastings, a cow-milking contest, yodeling, polka music, live music, the Taste of Green County and a Cheese Days parade (12:30 p.m. Sunday) (888/222-9111; cheesedays.com).

Maple Fall Fest Marshfield, September 18-19—Come hungry to Wildwood Park for potato pancake feeds, maple syrup vendors, and Amish pies and breads. Shop for crafts, kick back in the beer garden, or pedal away in the bicycle tours (800/422-4541; visitmarshfieldwi.com).

Wine and Harvest Festival Cedarburg, September 18-19—This free frolic features more than 200 juried booths, live music, whimsical scarecrows throughout the historic district, a grape-stomping contest and food booths. Paddlers row huge hollowed-out pumpkins in a regatta on Cedar Creek (888/894-4001; cedarburgfestivals.org/wineharvestfestival.html).

Sheboygan County Quilters Guild Annual Quilt Show Sheboygan, September 25—This show at South Side Alliance Church has more than 250 quilts. Admission charged (920/526-3239; sheboygancountyquiltersguild.org).

10th Annual Kohler Food and Wine Experience Kohler, October 21-24—Throughout the village, indulge in creative fare, attend food and wine seminars and tastings, and get cookbooks signed by their celebrity authors. Admission charged to some events (800/344-2838; destinationkohler.com/foodandwine). ■
Written by Debbie Leckron Miller

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Subject to Official Rules and entry at MidwestLiving.com/recipecontest. No purchase necessary. Open to legal residents of Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin, who are 21 years or older. The "Best of the Midwest" Recipe Contest entry period begins June 22, 2010, and ends October 15, 2010. Entries must be received by 11:59 p.m., C.T. on October 15, 2010. Multiple entries will be accepted but each recipe must be for a separate and unique recipe. Void where prohibited. Sponsor: Meredith Corporation.

See main article, page 55

PLANNING YOUR CRANBERRY VISIT

For a listing of additional cranberry festivals and marsh tours, visit wiscran.org and look up events under About Cranberries.

GLACIAL LAKE CRANBERRIES, 2480 County Road D, Wisconsin Rapids, Wisconsin. Offers year-round marsh tours, with harvest tours the third week of September and during October (cranberrylink.com/glacial.html; 715/887-2095).

WARRENS CRANBERRY FESTIVAL, September 24–26 this year. Three miles of shopping at arts and crafts booths and a flea market, and more than 100 food vendors with cranberry creations of all kinds (cranfest.com; 608/378-4200).

CRANBERRY COLORAMA, September 25 this year. Small-town community gathering highlighted by tours of a local cranberry marsh and the Taste of Harvest, a luncheon of cranberry foods from professional chefs and local restaurants (manitowishwaters.org; 888/626-9877).

Not Your Ordinary Brie

Apple-cranberry chutney adds a spicy kick to this warm, baked brie appetizer.

Source: Debbie Thelen of Tomah, Wisconsin
Prep: 25 minutes. Cook: 15 minutes.
Bake: 10 minutes.

- 2 cups fresh or frozen cranberries
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{4}$ cup packed brown sugar
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- Dash ground cloves
- Dash ground allspice
- 1 medium Granny Smith apple, peeled, cored and chopped
- $\frac{1}{4}$ cup golden raisins
- 2 8-ounce rounds Brie cheese
- Assorted crackers or sliced and toasted baguette
- Pear slices (optional)

1. Rinse cranberries in cold water; drain.
2. For cranberry chutney: In a small saucepan, stir together the $\frac{3}{4}$ cup water, granulated sugar and brown sugar. Bring to boiling, stirring to dissolve sugars. Boil rapidly for 5 minutes. Stir in cranberries, cinnamon, ginger, cloves and allspice. Return to boiling; reduce heat. Simmer, uncovered,

for 5 minutes, stirring occasionally. Stir in apple and raisins. Simmer, uncovered, about 5 minutes more or until desired consistency. If you like, cool to room temperature.

3. Meanwhile, place Brie in an oven-safe serving dish. Bake, uncovered, in a 350° oven for 10 to 15 minutes or until cheese is warm and slightly softened.

4. To serve, spoon the cranberry chutney over the warmed Brie. Serve with crackers or bread slices and pears, if you like. **Makes 8 appetizer servings.**

Nutrition facts per serving: 372 cal, 19 g fat, 57 mg chol, 511 mg sodium, 38 g carbo, 2 g fiber, 13 g pro.

Cranberry-Stuffed Pork Chops

Savory sage in the stuffing mix meets cranberries in this easy pork chop recipe.

Source: Charla Sackmann of Bangor, Wisconsin
Prep: 25 minutes. Bake: 40 minutes.

- 1 6-ounce package pork stuffing mix
- 1 cup water
- $\frac{1}{4}$ cup butter or margarine, melted
- 1 14- to 16-ounce can whole cranberry sauce
- 6 pork loin rib chops, cut 1 inch thick (about 3 $\frac{3}{4}$ pounds total)
- 1 tablespoon vegetable oil

1. In a medium bowl, toss together the dry stuffing mix, the water and butter. Stir in $\frac{3}{4}$ cup of the cranberry sauce. Set remaining cranberry sauce aside.

2. Trim fat from pork chops. Make a pocket in each chop by cutting a horizontal slit from the fat side of the chop almost to the bone. Spoon $\frac{1}{4}$ cup of the stuffing mixture into pocket of each chop. If necessary, secure with wooden toothpicks. Spread any remaining stuffing into a 13x9x2-inch baking dish (3-quart rectangular).

3. In a 12-inch skillet, brown the pork chops, half at a time, on both sides in hot oil. Arrange chops in the baking dish over stuffing, overlapping as needed.

4. Bake, uncovered, in a 325° oven for 40 to 50 minutes or until an instant-read thermometer inserted in chops registers 160° (insert thermometer into meat—not stuffing—so that it doesn't touch bone) and juices run clear. Before serving, remove any toothpicks and discard. In a small saucepan, heat remaining cranberry sauce; spoon over the prepared chops. **Makes 6 servings.**

Nutrition facts per serving: 526 cal, 18 g fat, 115 mg chol, 448 mg sodium, 46 g carbo, 2 g fiber, 41 g pro.

Almond-Cranberry Bread with White Chocolate Glaze

Sweet bread balances tangy cranberries in this winning recipe from the 2009 Wisconsin State Fair. Wrap and store it overnight to make it easier to slice and less crumbly.

Source: Susan Nekich of Milwaukee
Prep: 35 minutes. Bake: 75 minutes.
Cool: 10 minutes.

- 1 $\frac{1}{2}$ cups fresh or frozen cranberries
- 2 $\frac{1}{2}$ cups all-purpose flour
- 1 cup sugar
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 eggs
- 1 cup buttermilk
- $\frac{1}{3}$ cup butter, melted
- 1 to 1 $\frac{1}{2}$ teaspoons almond extract
- $\frac{2}{3}$ cup chopped almonds, toasted if you like
- White Chocolate Glaze (recipe follows)

1. Rinse cranberries in cold water; drain. Grease bottom and $\frac{1}{2}$ inch up the sides of a 9x5x3-inch loaf pan. Line bottom of pan with waxed paper; grease. Set aside.
2. In a large bowl, combine flour, sugar, baking powder and salt. Make a well in center of flour mixture; set aside.
3. In a medium bowl, combine eggs, buttermilk, melted butter and almond extract. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Fold in cranberries and the chopped almonds. Spoon batter into prepared pan, spreading evenly.
4. Bake in 325° oven 75 minutes or until a wooden skewer inserted near center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan; cool completely on wire rack. Wrap; store overnight before slicing.
5. Before serving, unwrap and drizzle with White Chocolate Glaze. Sprinkle with additional almonds. **Makes 1 loaf (12 servings).**

White Chocolate Glaze: In a small, microwave-safe bowl, microcook $\frac{1}{4}$ cup white baking pieces on 50% power (medium) for 1 $\frac{1}{2}$ to 2 minutes or until melted and smooth, stirring once or twice. Stir in 3 tablespoons powdered sugar and 1 tablespoon French vanilla liquid coffee creamer. If necessary, stir in additional coffee creamer, 1 teaspoon at a time, until glaze reaches drizzling consistency. **Makes $\frac{1}{4}$ cup.**

Nutrition facts per serving: 307 cal, 11 g fat, 50 mg chol, 234 mg sodium, 46 g carbo, 2 g fiber, 6 g pro.

Anita's Cranberry Scones

Coarsely chopped cranberries spread the sweet-tart flavor throughout this tender scone, a winner at the Warrens Cranberry Festival recipe competition. A sweet almond frosting complements the berries.

Source: Anita Reeck of Wilton, Wisconsin
Prep: 25 minutes. Bake: 12 minutes per batch.

- 1 cup fresh or frozen cranberries
- 2½ cups all-purpose flour
- ⅔ cup sugar
- 2½ teaspoons baking powder
- ½ teaspoon baking soda
- ¾ cup cold butter, sliced
- ¾ cup buttermilk
- Almond Frosting (recipe follows)

1. Rinse cranberries in cold water; drain. Slice or coarsely chop cranberries; set aside. Lightly grease two baking sheets or line with parchment paper; set aside.
2. In a large bowl, stir together the flour, sugar, baking powder and baking soda. Using a pastry blender, cut in the butter slices until mixture resembles coarse crumbs. Make a well in center of the flour mixture; set aside.
3. In a medium bowl, combine the buttermilk and cranberries. Add buttermilk mixture all at once to flour mixture. Stir just until mixture is combined.
4. Turn dough out onto a lightly floured surface. Knead dough by folding and gently pressing it for 10 to 12 strokes or until dough is nearly smooth. Divide dough in half. Pat or lightly roll each dough half into an 8-inch circle that's about ½ inch thick. Cut each circle into eight wedges.
5. Place dough wedges 2 inches apart on prepared baking sheets. Bake, one sheet at a time, in a 400° oven for 12 to 14 minutes or until scones are golden brown on top. Scones may spread slightly when baked. Transfer scones to wire racks to cool slightly. Spread tops with Almond Frosting and serve warm. **Makes 16 scones.**

Almond Frosting: In a medium mixing bowl, beat 1 tablespoon butter, softened, and ½ teaspoon almond extract with an electric mixer on medium speed for 30 seconds. Gradually add 1½ cups powdered sugar and 2 tablespoons milk, beating until the frosting is well combined and scraping the sides and bottom of the bowl often. **Makes ½ cup.**

Nutrition facts per scone: 239 cal, 10 g fat, 25 mg chol, 157 mg sodium, 36 g carbo, 1 g fiber, 3 g pro.

Cranberry Layer Cake

Another Warrens festival winner, this moist white cake combines toasted pecans and refreshing orange peel with cranberries. Orange peel flavors the thick cream cheese frosting, too.

Source: Irma A. Johnson of Neillsville, Wisconsin
Prep: 25 minutes. Bake: 25 minutes.
Cool: 10 minutes.

- 2 cups fresh or frozen cranberries
- 1 package 2-layer-size white cake mix
- 1 cup water
- ⅓ cup vegetable oil
- 3 eggs
- 1 cup chopped pecans, toasted
- 1 tablespoon finely shredded orange peel
- Cream Cheese Frosting (recipe follows)
- ¼ cup chopped pecans, toasted

1. Rinse cranberries in cold water; drain. Coarsely chop cranberries; set aside. Grease and flour two 8x1½-inch or two 9x1½-inch round cake pans; set aside.
2. In a large mixing bowl, combine cake mix, the water, oil and eggs. Beat with an electric mixer on low speed just until combined. Beat on medium speed for 2 minutes. Fold in cranberries, the 1 cup pecans and the orange peel. Divide between prepared pans, spreading batter evenly.
3. Bake in a 350° oven for 25 to 30 minutes for the 9-inch layers or 30 to 35 minutes for the 8-inch layers or until a wooden toothpick inserted near centers comes out clean. Cool cake layers in pans on wire racks for 10 minutes; remove from pans. Cool completely on wire racks.
4. Place one layer on a serving plate. Spread with some of the frosting. Top with the second layer. Spread top and sides of cake with remaining frosting. Sprinkle with the ¼ cup pecans. Serve immediately or cover loosely and store in the refrigerator. Let chilled cake stand at room temperature about 30 minutes before serving. **Makes 12 servings.**

Cream Cheese Frosting: In a large mixing bowl, beat one 8-ounce package cream cheese, softened; ½ cup butter, softened; and 1 teaspoon vanilla with an electric mixer on medium speed until light and fluffy. Gradually beat in enough powdered sugar (4¾ to 5¼ cups) to reach spreading consistency. Stir in ½ teaspoon finely shredded orange peel. **Makes about 3¼ cups.**

Nutrition facts per serving: 657 cal, 34 g fat, 94 mg chol, 424 mg sodium, 86 g carbo, 2 g fiber, 6 g pro.

Cranberry-Apple Sweet Potatoes

A new mix of pantry ingredients results in a sweet side dish with a crunchy pecan topping. Source: Karen Schmidt of Racine, Wisconsin
Prep: 10 minutes. Bake: 25 minutes.

- 1 21-ounce can apple pie filling
- 1 40-ounce can cut sweet potatoes, drained and cut into chunks
- ¾ cup whole cranberry sauce
- 2 tablespoons apricot preserves
- 2 tablespoons orange marmalade
- ¼ cup chopped pecans, toasted (optional)

1. Spread pie filling in 8x8x2-inch baking dish (2-quart square). Arrange sweet potatoes over pie filling. In small bowl, mix cranberry sauce, apricot preserves and orange marmalade. Spoon over sweet potatoes.
2. Bake, covered, in a 350° oven for 25 to 30 minutes or until heated through. If you like, sprinkle with chopped pecans. **Makes 6 to 8 side-dish servings.**

Nutrition facts per serving: 389 cal, 1 g fat, 0 mg chol, 144 mg sodium, 96 g carbo, 7 g fiber, 3 g pro.

Crimson Slaw

Dried cranberries plump up when tossed with vinaigrette in this tangy coleslaw. The recipe was a winner at the 2009 Wisconsin State Fair. Source: Adriane Laabs of Racine, Wisconsin
Prep: 25 minutes. Chill: 2 hours.

- ⅓ cup olive oil
- 2 tablespoons sugar
- 2 tablespoons red wine vinegar
- 2 tablespoons dry red wine (optional)
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ¼ teaspoon dry mustard
- 4 cups shredded red cabbage (½ of a medium head)
- 1 6-ounce package dried cranberries
- ¼ to ½ of a medium red onion, thinly sliced

1. For vinaigrette: In screw-top jar, combine oil, sugar, vinegar, wine (if you like), salt, pepper and mustard. Cover and shake well.
2. In a large bowl, toss together cabbage, cranberries and onion. Pour the vinaigrette over cabbage mixture; toss gently to coat. Cover and chill for 2 to 24 hours. **Makes 6 side-dish servings.**

Nutrition facts per serving: 227 cal, 12 g fat, 0 mg chol, 402 mg sodium, 32 g carbo, 3 g fiber, 1 g pro.

Cranberries Jubilee

Just four ingredients create this ice cream topper, a version of what you might taste at a cranberry festival. Flame the sauce for added drama. Start-to-finish: 20 minutes.

- 2 cups fresh or frozen cranberries
- 1½ cups water
- 1 cup sugar
- ¼ cup brandy or rum
- Vanilla ice cream

1. Rinse cranberries in cold water; drain.
2. In a medium saucepan, mix the water and sugar. Bring to boiling, stirring to dissolve sugar. Boil rapidly, uncovered, 5 minutes. Add cranberries. Return to boiling; reduce heat. Boil gently, uncovered, 3 to 4 minutes or until cranberries pop, stirring occasionally. Remove from heat. Leave in saucepan, or transfer to a heat-safe bowl or chafing dish.
3. In small saucepan, heat brandy until it almost simmers. Use a long fireplace match to ignite brandy in saucepan, if you like. Carefully pour the flaming brandy over sauce. When flame dies, spoon sauce over ice cream. **Makes 6 to 8 servings (2¼ cups).**

Nutrition facts per serving: 311 cal, 7 g fat, 45 mg chol, 38 mg sodium, 52 g carbo, 2 g fiber, 3 g pro.

Cranberry Streusel Coffee Cake

A streusel topper adds a hint of cinnamon. Source: Karen Marie Tyler of Granton, Wisconsin. Prep: 25 minutes. Bake: 25 minutes. Cool: 30 minutes.

- 1 cup fresh or frozen cranberries
- ½ cup sugar
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ⅓ cup cold butter or shortening
- 1 egg, lightly beaten
- ⅔ cup milk
- 1 teaspoon finely shredded lemon peel
- Streusel Topping (recipe follows)

1. Rinse cranberries in cold water; drain and coarsely chop. Combine with 2 tablespoons of the sugar; set aside. Grease bottom and ½ inch up sides of a 9x9x2-inch baking pan.
2. In a medium bowl, mix remaining sugar, the flour, baking powder and salt. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Make well in center.
3. In a small bowl, combine egg, milk and lemon peel. Add egg mixture all at once

to flour mixture. Using a fork, stir just until moistened (batter should be lumpy and thick). Fold in cranberry mixture. Spoon into prepared pan. Sprinkle topping over batter.

4. Bake in a 400° oven about 25 minutes or until golden and a toothpick inserted near the center comes out clean. Cool slightly; serve warm. **Makes 9 servings.**

Streusel Topping: In bowl, mix ¼ cup all-purpose flour, 2 tablespoons brown sugar and 1 teaspoon ground cinnamon. Using pastry blender, cut in 2 tablespoons cold butter to form coarse crumbs.

Nutrition facts per serving: 274 cal, 11 g fat, 50 mg chol, 266 mg sodium, 41 g carbo, 2 g fiber, 5 g pro.

Cranberry Beef Stew

The berries break up in this hearty stew, adding a mild tang to the past Warrens festival winner. Source: Lee Roy Wagner of West Allis, Wisconsin. Prep: 45 minutes. Cook: 2 hours.

- 2 cups fresh or frozen cranberries
- ½ cup all-purpose flour
- 1½ teaspoons salt
- 1 teaspoon ground black pepper
- 3 pounds beef stew meat, cut into 1- to 1½-inch pieces
- 3 tablespoons butter
- ½ cup chopped onion (1 medium)
- 2 cloves garlic, minced
- 2 cups beef broth
- 1 cup dry red wine or cranberry juice
- 1 cup chopped tomato (1 large)
- 1 tablespoon sugar
- 1 teaspoon dried thyme, crushed
- 1 bay leaf
- 6 medium carrots, cut into ½-inch chunks
- 1 16-ounce package frozen cut green beans
- 1 cup sliced celery (2 stalks)
- ½ cup snipped fresh parsley

1. Rinse cranberries in cold water; drain. Set aside. In a large resealable plastic bag, combine flour, ½ teaspoon of the salt and ½ teaspoon of the pepper. Add meat pieces, a few at a time, shaking to coat.
2. In 4- to 5-quart Dutch oven, brown meat, one-fourth at a time, in hot butter over medium heat. Return all meat to Dutch oven; add onion and garlic. Cook and stir until onion is tender. Stir in cranberries, broth, wine, tomato, sugar, thyme, bay leaf and the remaining salt and pepper. Bring to boiling (cranberries will begin to pop); reduce heat. Simmer, covered, for 1½ hours.

3. Stir in carrots, green beans and celery. Return mixture to boiling; reduce heat. Simmer the stew, covered, about 30 minutes more or until meat and vegetables are tender. Just before serving, stir in the fresh parsley. Discard bay leaf. Season to taste with salt and pepper. **Makes 10 to 12 servings.**

Nutrition facts per serving: 313 cal, 10 g fat, 69 mg chol, 690 mg sodium, 18 g carbo, 4 g fiber, 33 g pro.

Mexican Cranberry Tortillas

Cranberries taste like lime in this baked dish and add a hint of pink to the sour cream sauce. Source: Mary Jean Hlavac of McFarland, Wisconsin. Prep: 25 minutes. Bake: 15 minutes.

- 2 cups fresh or frozen cranberries
- 1 15-ounce can pinto beans, rinsed and drained
- 1 cup chopped, peeled tomato (1 large)
- ⅓ cup chopped onion (1 small)
- ¼ cup mayonnaise or salad dressing
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- 1½ cups chopped cooked chicken
- 6 7- to 8-inch flour tortillas
- 1 cup shredded sharp cheddar cheese
- Shredded sharp cheddar cheese
- Dairy sour cream
- Shredded lettuce

1. Rinse the cranberries in cold water; drain and coarsely chop. In a medium saucepan, combine cranberries, drained beans, tomato, onion, mayonnaise, cumin and cayenne. Cook, uncovered, 8 to 10 minutes or until onion is tender and mixture is heated through, stirring occasionally. Stir in chicken.
2. Line a shallow baking pan or large baking sheet with foil. Place two of the tortillas in prepared baking pan. Spread one-third of the cranberry mixture over tortillas. Sprinkle with ½ cup of the cheese. Top each with another tortilla. Spread with another one-third of the cranberry mixture, sprinkle with remaining ½ cup cheese and top with the remaining two tortillas. Spread with the remaining cranberry mixture.
3. Bake the tortillas, uncovered, in 350° oven about 15 minutes or until heated through and cheese is melted. To serve, sprinkle with additional cheese. Cut each into four wedges. Top with sour cream and lettuce. Garnish with additional cranberries. **Makes 4 servings.**

Nutrition facts per serving: 634 cal, 34 g fat, 95 mg chol, 848 mg sodium, 49 g carbo, 9 g fiber, 33 g pro.

Continued on page 122

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V8 WHAT'S YOUR NUMBER?™

See main article, page 63

Trip guide

BROWN COUNTY

For information, contact the Brown County Convention and Visitors Bureau in Indiana (812/988-7303; browncounty.com).

What to do

Horseback riding Three companies in Brown County offer guided trail rides. Brown County Saddle Barn is located at the north entrance to Brown County State Park. Admission charged (812/988-8166; browncountysaddlebarn.com). Rawhide Ranch offers guided rides as well as accommodations. Admission charged (888/947-2624; rawhideranchusa.com). Schooner Valley Stables is the least developed facility, but their trail through Yellowwood State Forest is lovely. Admission charged (812/988-2859; schoonervalleystables.com).

Shopping You'll find antiques stores and crafts studios tucked in the woods throughout Brown County, but if you'd rather walk, you can park and spend a day in downtown Nashville (812/988-7303; browncounty.com).

Where to eat

Artists Colony Inn Nashville's signature downtown inn serves cozy lunches by a stone fireplace. Try Sun Fries, made from sweet potatoes and served with a caramel dipping sauce (800/370-4703; artistscolonyinn.com).

Story Inn The on-site restaurant at Indiana's oldest bed-and-breakfast has a relaxed yet elegant atmosphere. Many herbs and veggies come from the inn's garden, so ask what's in season (800/881-1183; storyinn.com).

Where to stay

The restaurants above both offer lodging. If you'd like to rent a private cabin, the Brown County Convention and Visitor Bureau website (browncounty.com) has links to more than 200 in the area. The one pictured in our story is **Bittersweet Farm Cabin**. From \$225 (812/988-6429; browncountylogcabins.com).

WORTHINGTON

For information, contact the Convention and Visitors Bureau of Worthington in Ohio (800/871-3070; visitworthingtonohio.com).

What to do

Candle Lab Blend custom scents, or browse a selection of candles (614/433-9900; thecandlelab.com).

Fritzy Jacobs This colorful shop sells bags, home accessories and adorable kids' clothes (614/885-8283; fritzyjacobs.com).

House Wine Sample a selection of wines at a tasting bar, or pay a corkage fee to open any bottle and drink at the shop. Light, wine-friendly foods are available (614/846-9463; housewine.biz).

Where to eat

La Chatelaine On warm days, an inviting sidewalk patio fills with girlfriends gabbing over rich quiche, authentic French baguette sandwiches and pastries (614/848-6711; lachatelainebakery.com).

Worthington Inn Choose between a fine-dining restaurant and a low-key pub with an affordable menu of appetizers, sandwiches and desserts (614/885-2600; worthingtoninn.com).

Where to stay

Worthington has a variety of reliable chain hotels (800/871-3070; visitworthingtonohio.com). The **German Village Guest House**, a modern bed-and-breakfast in a historic neighborhood south of downtown Columbus, is a good pick for visitors who want to splurge on something special. From \$165 (866/587-2738; gvguesthouse.com).

CRANE ORCHARDS

If you decide to take a weekend trip to the area around Crane Orchards, make Saugatuck, Michigan, an artsy beach town 9 miles northwest of Fennville, your home base (269/857-1701; saugatuck.com).

What to do

Crane Orchards Apple picking usually runs through October, but visitors should call first to see what varieties are available (269/561-8651; craneorchards.com).

Gallery hopping Artsy shops and studios crowd downtown Saugatuck. Favorites include Good Goods (269/857-1557; goodgoods.com) and James Brandess Studios and Gallery (269/857-1937; jamesbrandess.com).

Where to eat

Crane's Pie Pantry The orchard's hugely popular restaurant serves (not surprisingly) a not-to-be-missed apple pie (269/561-2297; cranespiepantry.com).

Marro's Restaurant Even budget diners can enjoy this white-tablecloth Italian restaurant. Gourmet pizzas start at just \$7.25 (269/857-4248; marrosrestaurant.com).

Where to stay

Serendipity Bed-and-Breakfast and Suites The fireplaces in this B&B's five suites and cottages beg for late-night chats. Breakfast arrives daily in a basket at the door. From \$155 (269/857-3400; serendipitybandb-saugatuck.com). ■

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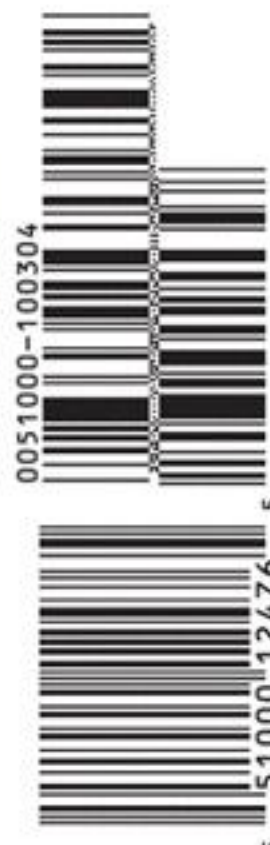
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TRAVEL/Illinois River

Turn to story page 14

want. Tiers of stairs step down a cliff face to a network of boardwalks weaving toward 18 canyons, some with waterfalls. I wonder if I will recognize which waterfall I shot with my first Instamatic—a disappointing squiggle of white against dark. The views of Wildcat Canyon look vaguely familiar. But the whole park has that déjà vu quality. This eerie feeling probably stems from sepia-tone photos on the lodge walls and reading the trail map's history lesson, reaching back to huge Indian settlements, explorers Louis Joliet and Jacques Marquette, and an ill-fated band of under-siege Illiniwek.

Most of the map points have tales that keep me going, as if getting there will reveal the truth about Lovers' Leap and Council Overhang. That never quite happens. Instead, there's a feeling that each place has more stories than anyone will ever know. My small journey joins this stream, which now seems as wide and endless as the river itself.

Trip guide

For more information and maps: illinoisriverroad.org (800/747-0302). For more details, visit midwestliving.com/zoom.

What to do

Starved Rock State Park Trails lead to sandstone canyons and waterfalls. Free guided hikes are a great way to see the highlights. Stay in the historic lodge or cabins; the dining room is the place to get your fall comfort food fix. From \$135 (800/866-7625; starvedrockstatepark.org).

Matthiessen State Park Starved Rock's smaller neighbor features family-friendly trails (815/667-4868; www.dnr.illinois.gov).

Canal Boat Rides Buy tickets at the new Lock 16 visitors center along La Salle's First Street (815/223-1851; lasallecanalboat.org).

Chautauqua National Wildlife Refuge The largest of three national preserves along the Illinois River harbors more than 250,000 birds (309/535-2290; fws.gov/midwest).

Peoria Heights On Peoria's north side, detour from the scenic byway to Grand View Drive, which Theodore Roosevelt called "the world's most beautiful drive." Loop back to

restaurants and shops, including I Know You Like a Book (309/657-3937; peoriaheightschamber.com).

August Hill Winery Tasting Room Sip local vintages in a sophisticated setting in Utica (815/667-5211; augusthillwinery.com).

Boggio's Orchard Pumpkins abound, and the bakery brims with temptation (815/339-2245; boggiosorchardandproduce.com).

Where to eat

Happy Thought Coffee Also, from-scratch soups and baked goods in Chillicothe (309/274-6623; happythoughtcoffee.com).

Two25 We'd go back to this restaurant inside Peoria's Mark Twain Hotel for the cozy atmosphere and nicely prepared salmon (309/282-7777; two25peoria.com).

Where to stay

Mark Twain Hotel This sleekly renovated 109-room boutique hotel stands blocks from Peoria's comeback riverfront. From \$125 (866/325-6351; marktwainhotel.com).

Mission Oak Inn Amid cornfields, with a small lake out the back door, this new inn feels like a true escape. From \$155 (309/370-4083; missionoakinn.com). ■

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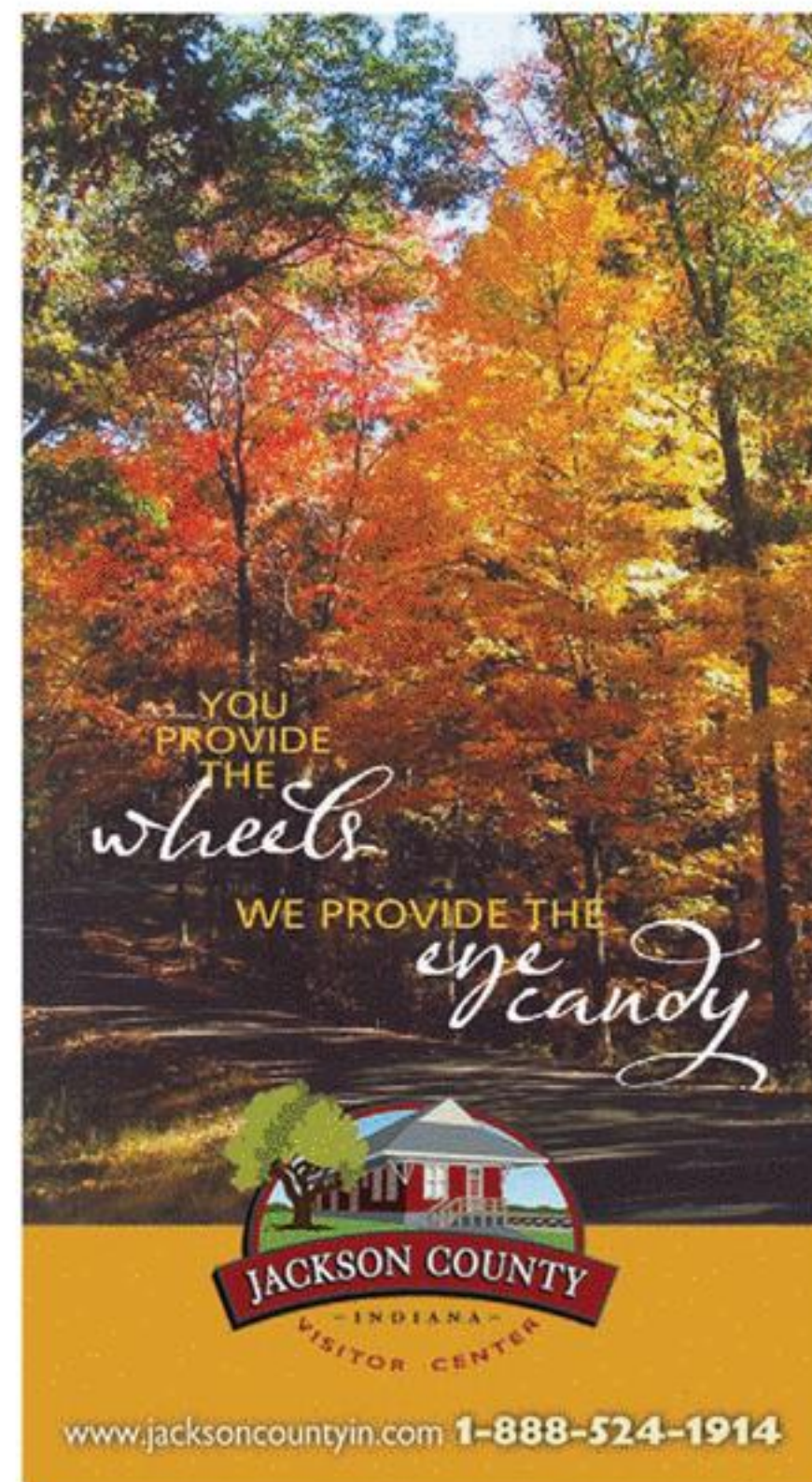


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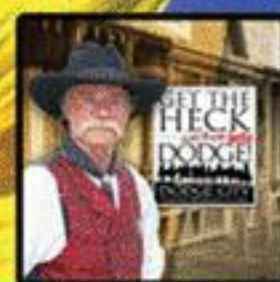
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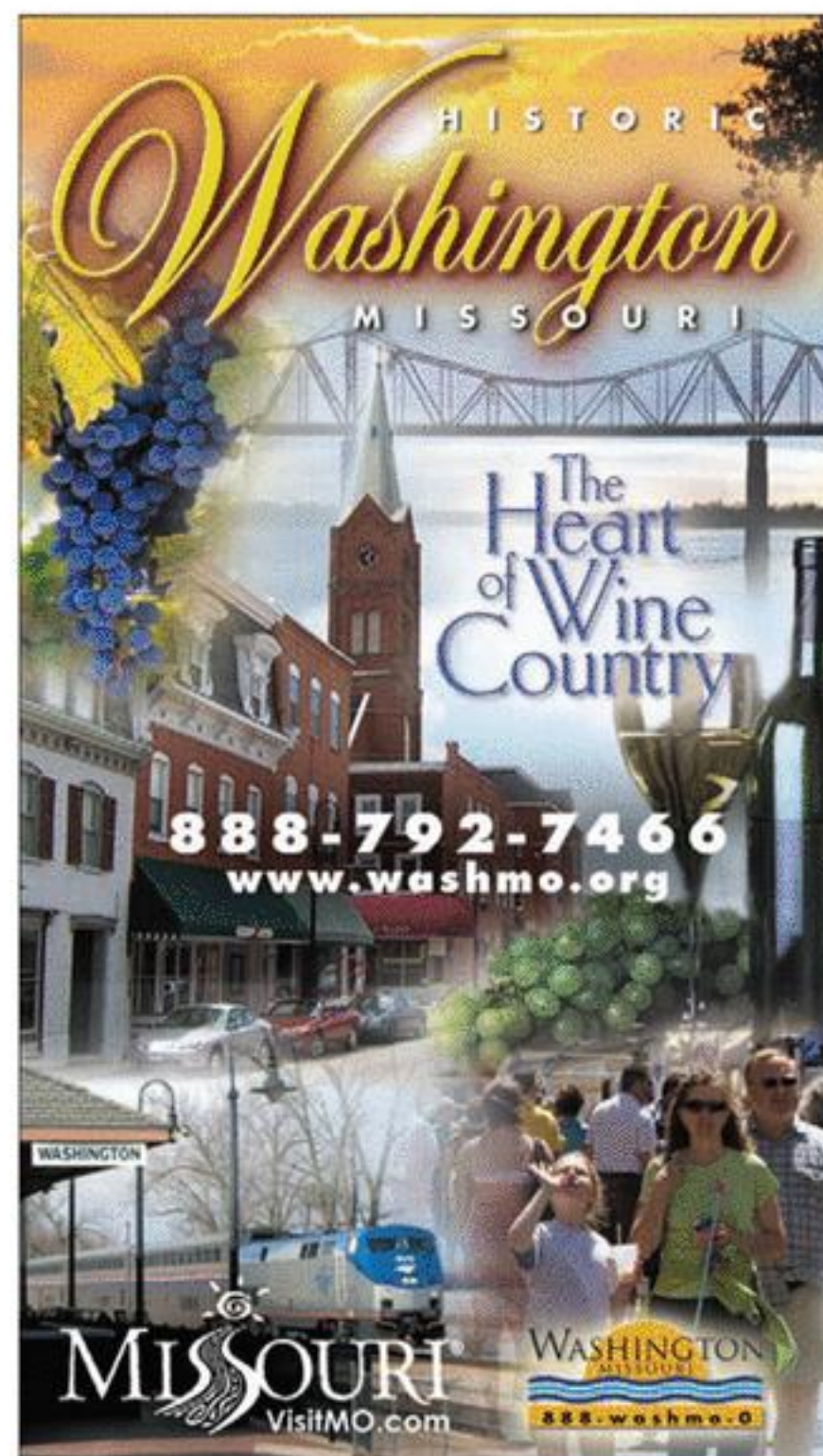
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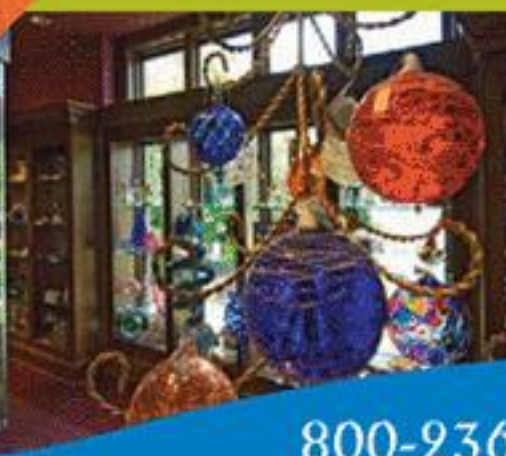
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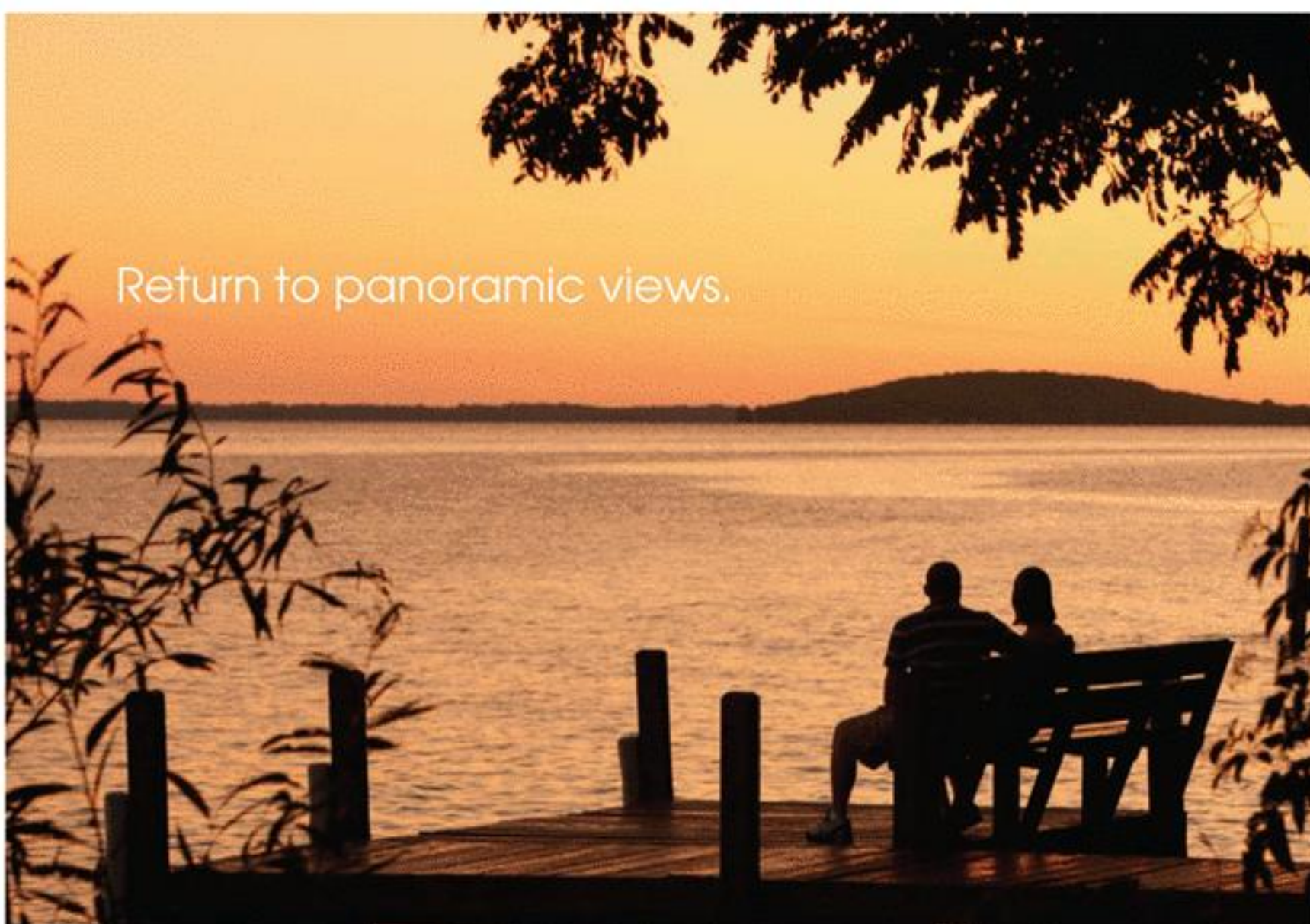


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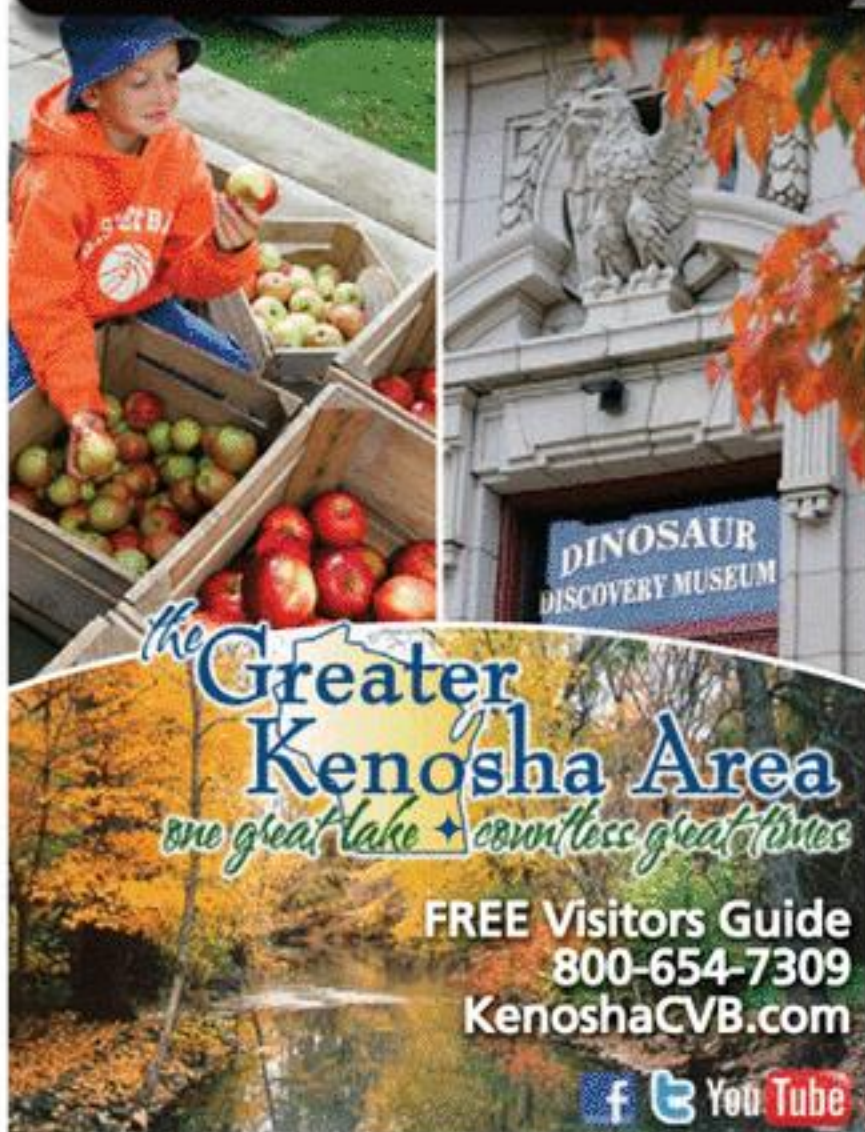




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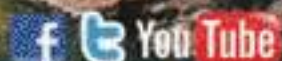
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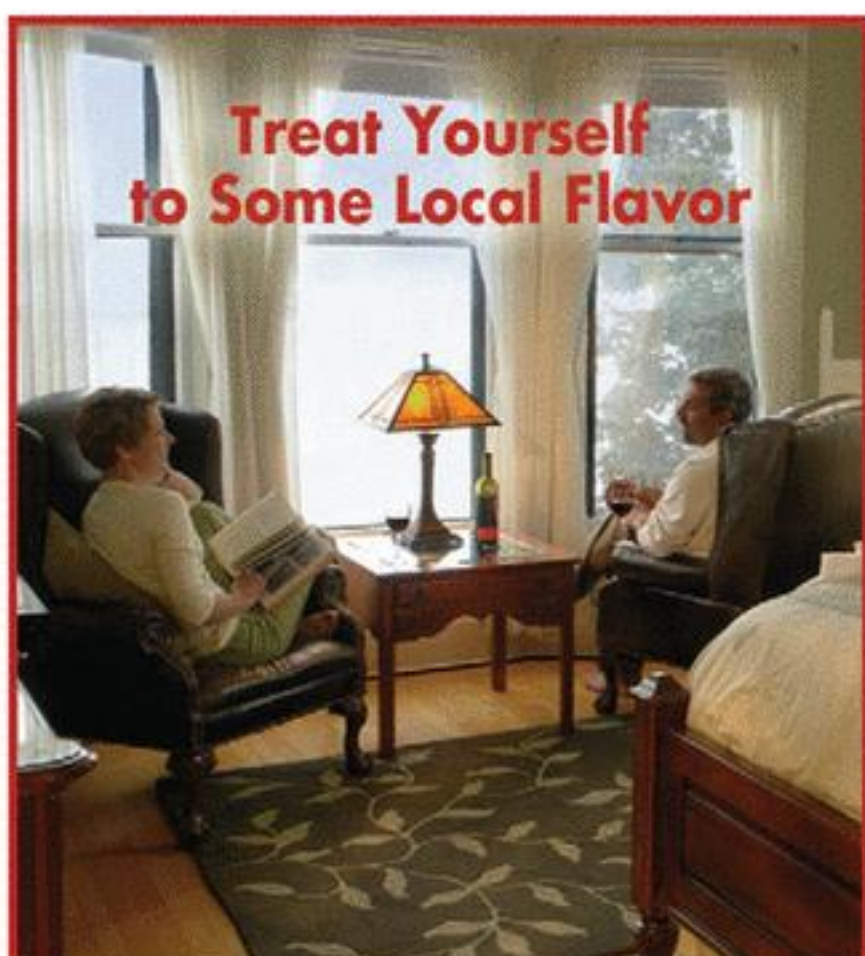
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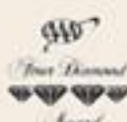
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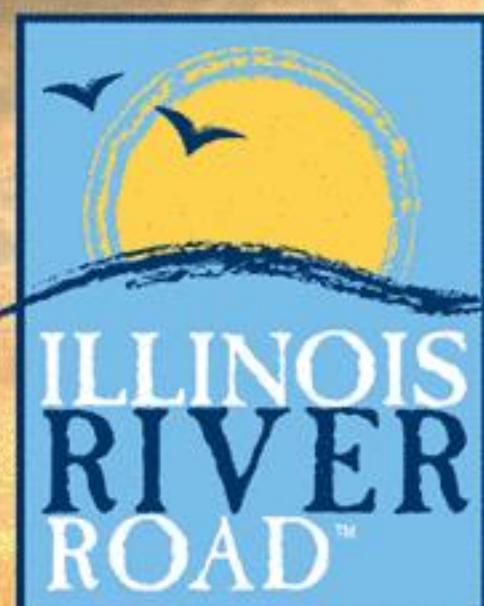
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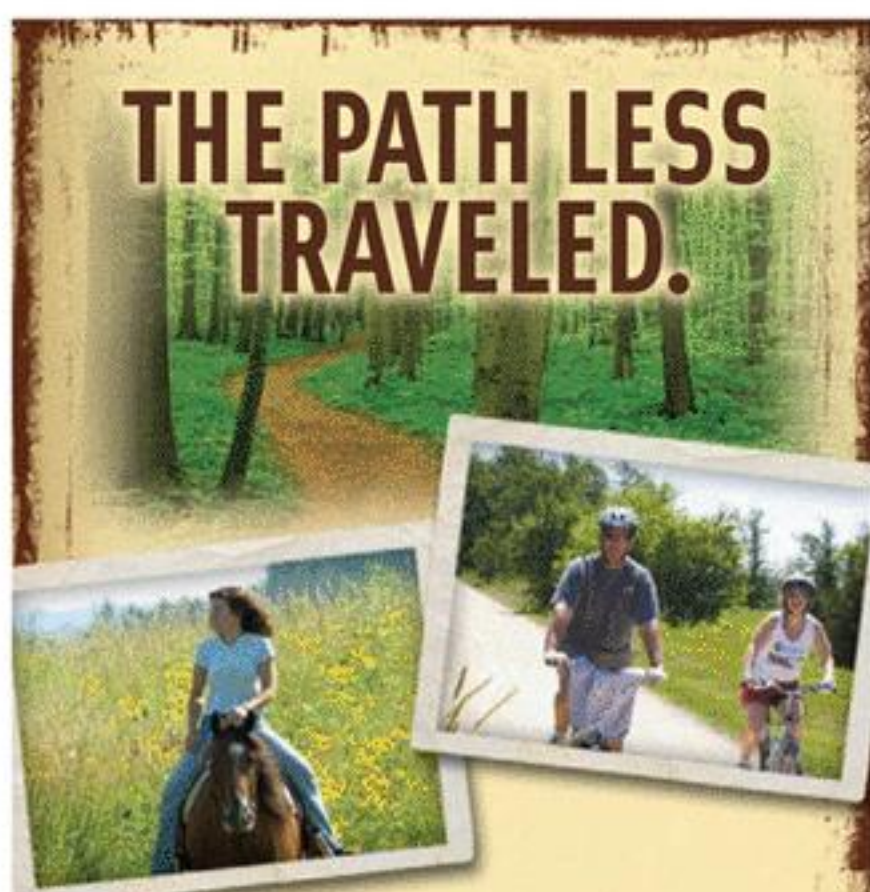


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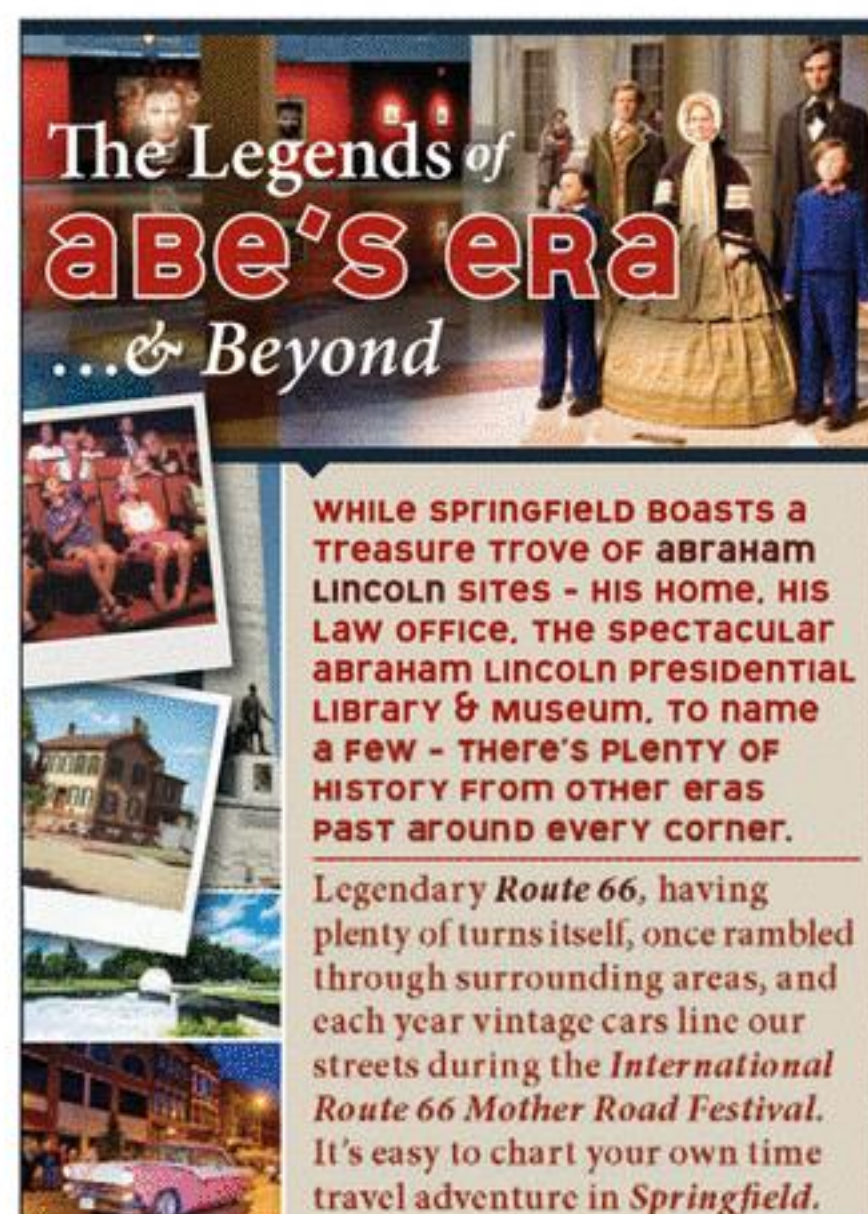
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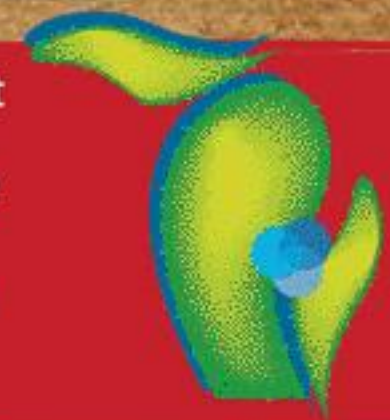


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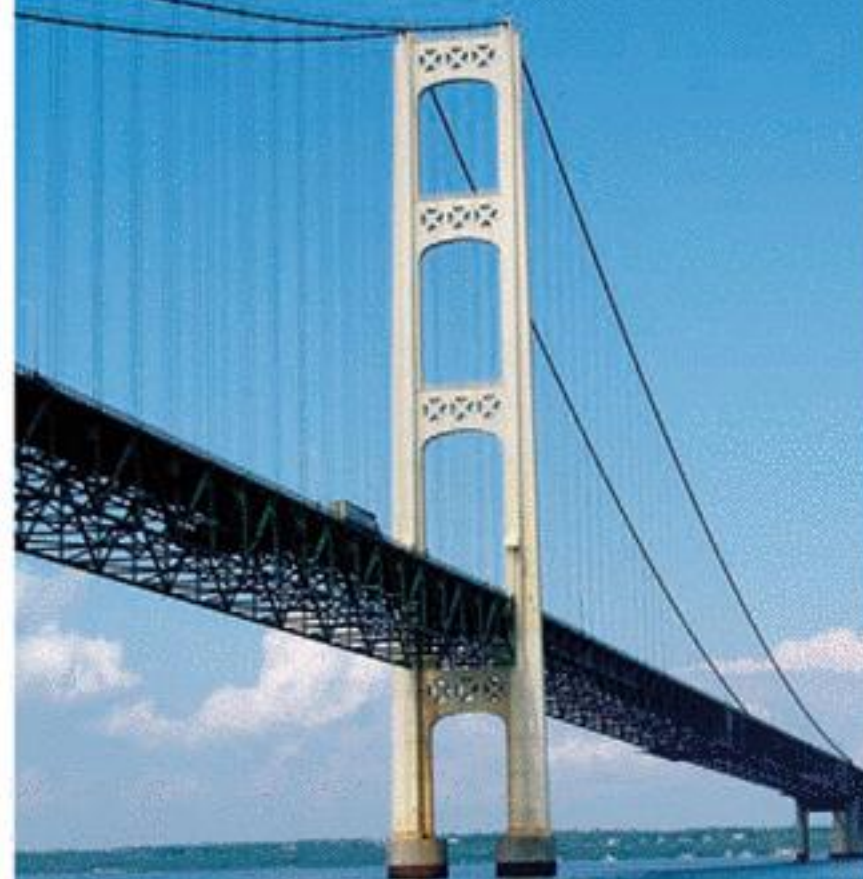


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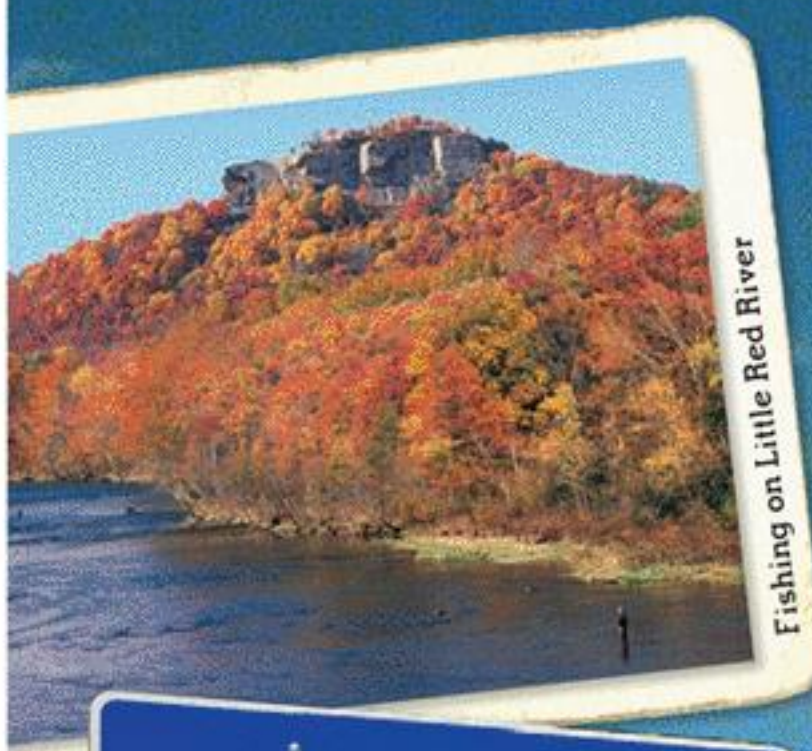


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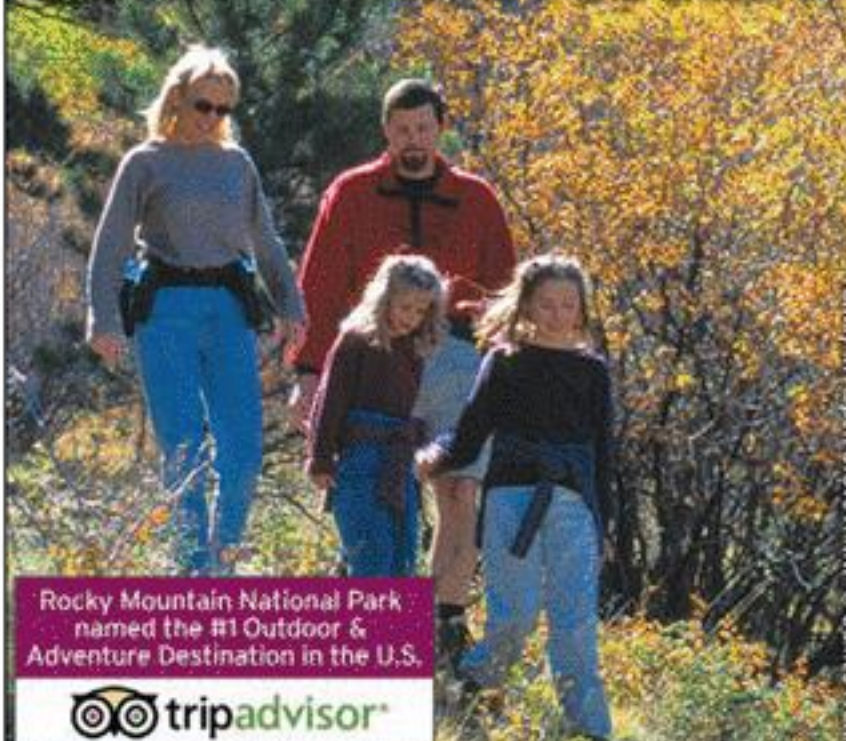
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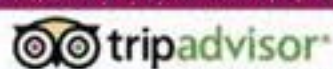
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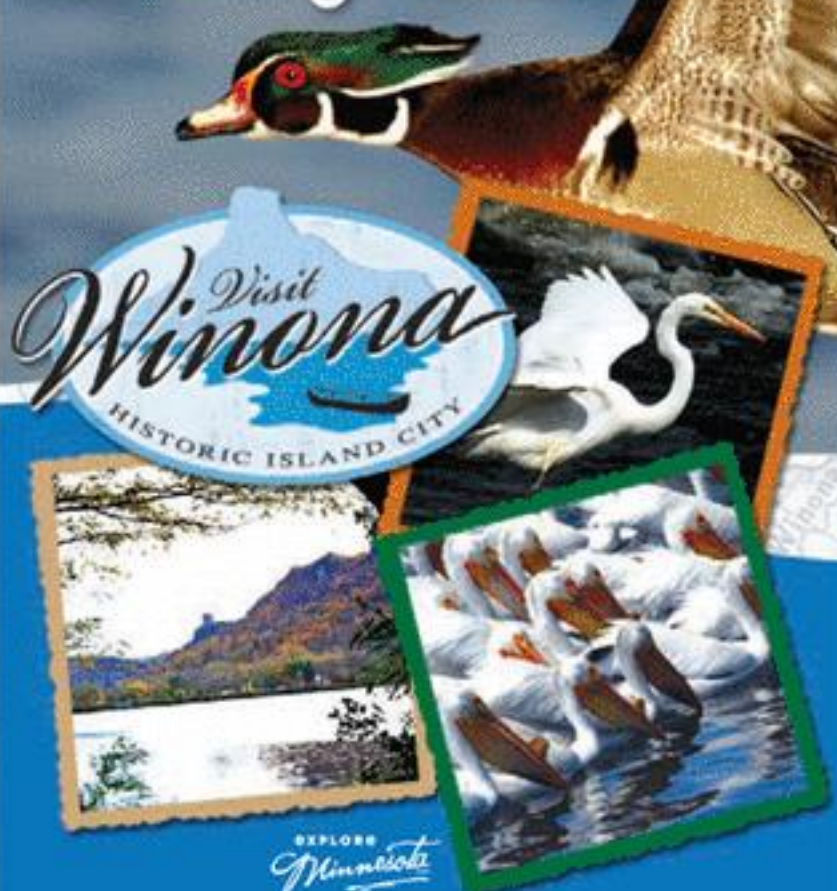
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FOOD&HOME

Continued from page 100

Cranberry Blossoms

Little super-crisp purchased phyllo shells hold a pink filling for these simple, bite-size desserts.

Source: Jean Harvey of Bruce, Wisconsin

Prep: 30 minutes. Bake: 3 minutes.

- 1 cup cranberries
- ½ cup sugar
- ⅓ cup water
- 1 tablespoon cornstarch
- 1 2.1-ounce package baked mini phyllo dough shells (15 pieces)
- ½ cup frozen whipped dessert topping, thawed
- Frozen whipped dessert topping, thawed

1. Rinse cranberries in cold water; drain. Place cranberries in a food processor or blender. Cover and process or blend until finely chopped; set aside.
2. For filling: In saucepan, combine sugar, the water and cornstarch. Stir in berries. Cook and stir over medium heat until thickened and bubbly. Cook and stir 2 minutes more. Remove from heat; cool.
3. Place phyllo shells on a baking sheet. Bake in a 350° oven for 3 to 5 minutes or until heated through and crisp. Remove shells from oven and set aside.
4. To serve the mini desserts, spread 1 teaspoon of cranberry filling in bottom of each phyllo shell. In a medium bowl, gently fold the remaining cranberry filling into the ½ cup whipped topping. Spoon the whipped topping mixture over cranberry filling in shells. Top each with a small amount of additional whipped topping. If you like, chill up to 8 hours. **Makes 15 mini phyllo shells (about 7 servings).**

Nutrition facts per serving: 139 cal, 4 g fat, 0 mg chol, 22 mg sodium, 25 g carbo, 1 g fiber, 1 g pro.

Sweet BBQ Chicken Dip

This layered and baked chicken dip brings a little heat and sweetness to the appetizer table. For extra heat, add more crushed red pepper. Source: Rachel Reek of Sparta, Wisconsin
Prep: 25 minutes. Bake: 20 minutes.

- 2 8-ounce packages cream cheese, softened
- 3 cups shredded cooked chicken
- 1 12-ounce bottle chili sauce (1 cup)
- ½ of a 14-ounce can jellied cranberry sauce

- 1 tablespoon cider vinegar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Dijon-style mustard
- ½ to 1 teaspoon crushed red pepper
- 1½ cups shredded Monterey Jack cheese
- ½ cup sliced green onions (4)
- Assorted crackers

1. In a 13x9x2-inch baking dish (3-quart rectangular), spread cream cheese evenly on bottom. In medium bowl, combine chicken, chili sauce, cranberry sauce, vinegar, Worcestershire sauce, mustard and red pepper. Spoon chicken mixture over the cream cheese. Sprinkle with shredded cheese.
2. Bake, uncovered, in a 375° oven for 20 to 25 minutes or until mixture is heated through. Remove from oven; sprinkle with green onions. Serve dip with assorted crackers. **Makes 16 appetizer servings.**

Nutrition facts per serving: 302 cal, 18 g fat, 64 mg chol, 923 mg sodium, 21 g carbo, 1 g fiber, 13 g pro. ■

Food stylist: Charles Worthington. Prop stylist: Sue Mitchell. Recipe contributors: Sandra Granseth and Liz Woolever.

See main article, page 25

FALL BACK IN TIME

NOTE: Most furniture in the home is vintage Old Hickory. Below we list similar reproduction pieces currently available from The Old Hickory Furniture Company.

Screen porch, pages 25–26

Cushion fabric Hemlock Tweed Fancy Awning, No. 4751-0000. Sunbrella (336/221-2211; sunbrella.com). **Cushion fringe trim** Hobby Lobby (800/323-9204; hobbylobby.com). **Rocker** Vintage. Similar rocker: Grove Park Rocker, No. N067. Old Hickory Furniture Company (800/232-2275; oldhickory.com). **Settee** Vintage. Similar: Hoop Settee, No. 140S45. Old Hickory Furniture Company (see Rocker). **Table** Vintage. Similar: Hoop Table, No. TB943R. Old Hickory Furniture Company (see Rocker).

Dining table, page 26

Pottery Ephraim Faience (888/704-7687; ephraimpottery.com).

Sleeping porch, page 26

Duvet cover The Company Store (800/285-3696; thecompanystore.com). **Vase** Large Zen Vase, Color: Green. Reproduction Teco Art Pottery. Prairie Arts (800/594-3148; prairie-arts.com).

Living room, page 26

Draperies Hudson Bay blankets. Woolrich. (800/966-5372; woolrich.com). ■

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Ho! for the leaves
that eddy down,
Crumpled yellow
and withered
brown...Starting
aloft to windy
ways, Telling the
coming of
bonfire days.

From the poem "Bonfire Days" by Iowa writer Grace Strickler Dawson (1891-1981)

As the days grow short, some faces grow long. But not mine. Every autumn, when the wind turns cold and darkness comes early, I am suddenly happy. It's time to start making soup again.

Cookbook author and screenwriter Leslie Newman, who co-wrote the first three Superman films and studied at the University of Michigan

But even alone it was beautiful and he fed the fire to cut the night chill. There it is again, he thought, that late summer chill to the air, the smell of fall.

From the 1987 young adult novel Hatchet by Minnesota writer Gary Paulsen

I remember how quiet it was, how empty the streets at that hour, how our feet were loud on pavement and then hushed in grass and then crackly in leaves. There was a glint of settling frost in the air. Our voices and breaths went up and got mixed with the shadows of trees and the bloom of arc lights and the glitter of stars.

From the novel Crossing to Safety by Wallace Stegner, born in 1909 in Lake Mills, Iowa

Listen ...
With faint dry sound,
Like steps of passing ghosts,
The leaves, frost-crisp'd, break free
from the trees
And fall.

From the poem "November Night" by Adelaide Crapsey (1878-1914) who attended an Episcopal girls prep school in Kenosha, Wisconsin

Early fall winds in Ames, Iowa, whispered of cascading leaves to be kicked into red-gold storms, the faint flickering glow of leering orange pumpkins on black Halloween nights, and the sudden sparkle of silvery white frost on wet green grass.

From the 2003 book Leaning into the Wind: A Memoir of Midwest Weather by Susan Allen Toth, who has taught at Minnesota's Macalester College

a verry hard frost this morning. Day Cloudy wind from the NW. Great number of wild gees pass to the South, flew verry high A fall journal entry while crossing the Great Plains by explorer William Clark, from the book Lewis & Clark: Weather and Climate Data from the Expedition Journals edited by Vernon Preston

The population of La Crosse—1,376—had quadrupled on game night. Its stadium did not have much parking, and folks were pulling into spaces wherever in town they found them, and hiking to the lights that loomed east of Main Street. It didn't matter that it was a bitterly cold night; the grandstands were packed, and the people were three deep all the way around the field's perimeter.

From the 2009 book Our Boys: A Perfect Season on the Plains with the Smith Center Redmen by Kansas City native Joe Drape

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